



Frozen Yogurt Pie

READY IN



250 min.

SERVINGS



8

CALORIES



207 kcal

Ingredients

- 6 oz ready-to-use graham cracker crumb crust
- 1.3 cups raspberries fresh
- 8 oz cool whip whipped topping thawed
- 12 oz raspberry yogurt low-fat

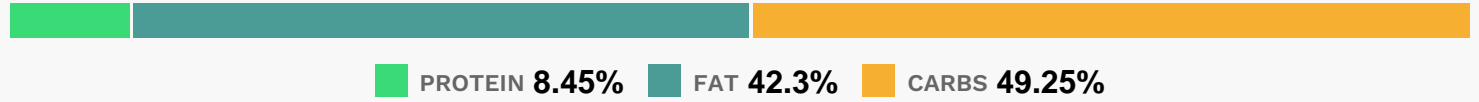
Equipment

- bowl
- whisk

Directions

- Add COOL WHIP to yogurt in medium bowl; stir with whisk until blended. Spoon into crust.
- Freeze 4 hours or until firm.
- Remove from freezer 15 min. before serving; let stand at room temperature to soften slightly. Top with raspberries just before serving.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:5.6373912355174%

Flavonoids

Cyanidin: 8.58mg, Cyanidin: 8.58mg, Cyanidin: 8.58mg, Cyanidin: 8.58mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 206.57kcal (10.33%), Fat: 9.77g (15.03%), Saturated Fat: 4.7g (29.35%), Carbohydrates: 25.59g (8.53%), Net Carbohydrates: 23.96g (8.71%), Sugar: 14.36g (15.96%), Cholesterol: 3.12mg (1.04%), Sodium: 150.51mg (6.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Manganese: 0.4mg (20.05%), Phosphorus: 112.53mg (11.25%), Calcium: 108.8mg (10.88%), Vitamin B2: 0.17mg (9.94%), Vitamin K: 7.09µg (6.75%), Fiber: 1.62g (6.49%), Vitamin C: 5.25mg (6.37%), Folate: 23.29µg (5.82%), Potassium: 180.48mg (5.16%), Zinc: 0.75mg (5.01%), Vitamin B12: 0.29µg (4.91%), Vitamin E: 0.71mg (4.74%), Vitamin B1: 0.07mg (4.63%), Magnesium: 18.23mg (4.56%), Vitamin B3: 0.87mg (4.37%), Iron: 0.74mg (4.14%), Selenium: 2.67µg (3.82%), Copper: 0.07mg (3.63%), Vitamin B5: 0.35mg (3.51%), Vitamin B6: 0.05mg (2.65%)