

Frozen Yogurt Squares

 Gluten Free

READY IN



130 min.

SERVINGS



12

CALORIES



131 kcal

Ingredients

- ☐ 4 cups yogurt plain
- ☐ 9 ounce strawberry jell-o® mix flavored
- ☐ 1 cup water boiling

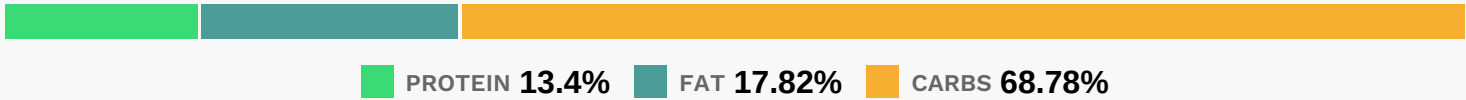
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Add boiling water to gelatin mix in a mixing bowl; stir until completely dissolved. Allow to cool for a few minutes.
- ☐ Stir the yogurt into the gelatin and beat with an electric mixer until fluffy, about 2 to 3 minutes.
- ☐ Pour into a 9x13 inch pan and freeze until firm.
- ☐ Remove from freezer 15 minutes before serving.
- ☐ Cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:1.58, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:2.6469565280106%

Nutrients (% of daily need)

Calories: 130.83kcal (6.54%), Fat: 2.65g (4.08%), Saturated Fat: 1.71g (10.7%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 23.05g (8.38%), Sugar: 22.1g (24.56%), Cholesterol: 10.62mg (3.54%), Sodium: 137.63mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Phosphorus: 107.56mg (10.76%), Calcium: 100.05mg (10%), Vitamin B2: 0.12mg (7.33%), Vitamin B12: 0.3µg (5.04%), Selenium: 3.22µg (4.6%), Potassium: 128.07mg (3.66%), Zinc: 0.49mg (3.24%), Vitamin B5: 0.32mg (3.21%), Magnesium: 10.42mg (2.61%), Copper: 0.04mg (1.78%), Vitamin B1: 0.02mg (1.62%), Vitamin A: 80.85IU (1.62%), Folate: 6.35µg (1.59%), Vitamin B6: 0.03mg (1.32%)