



Frozen "Yogurt-Wich"

READY IN



130 min.

SERVINGS



10

CALORIES



63 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 cinnamon graham crackers low-fat (16 squares)
- 0.5 cup strawberry nonfat yogurt
- 0.5 cup cool whip lite whipped topping thawed

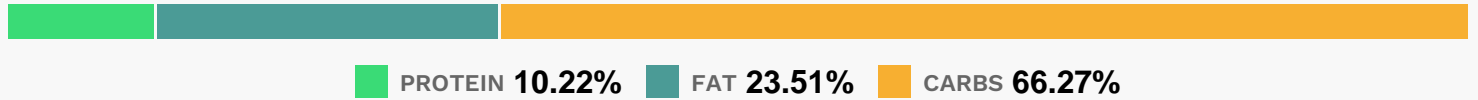
Equipment

- baking pan
- aluminum foil

Directions

- Mix yogurt and whipped topping until well blended; spoon evenly onto 8 of the graham squares.
- Top each with second graham square to make sandwich; press together gently to secure.
- Place in shallow baking pan; cover with foil.
- Freeze 2 hours or until frozen.
- Transfer to airtight container. Store in freezer up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:6.03, Inflammation Score:-1, Nutrition Score:1.4121739199466%

Nutrients (% of daily need)

Calories: 62.75kcal (3.14%), Fat: 1.63g (2.51%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 9.98g (3.63%), Sugar: 4.4g (4.89%), Cholesterol: 0.32mg (0.11%), Sodium: 85.94mg (3.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Phosphorus: 44.63mg (4.46%), Calcium: 35.89mg (3.59%), Vitamin B2: 0.06mg (3.47%), Iron: 0.48mg (2.65%), Magnesium: 9.2mg (2.3%), Zinc: 0.34mg (2.27%), Vitamin B3: 0.44mg (2.21%), Vitamin B1: 0.03mg (2.14%), Folate: 6.73µg (1.68%), Potassium: 54.85mg (1.57%), Fiber: 0.38g (1.52%), Vitamin B12: 0.08µg (1.37%)