



Fruity Fro-Yo Fun Bars

 Vegetarian

READY IN



495 min.

SERVINGS



8

CALORIES



232 kcal

Ingredients

- 14 oz condensed milk sweetened canned (not evaporated)
- 12 oz lime yoplait®
- 12 oz strawberry yogurt yoplait®
- 1 cup corn flakes/bran flakes

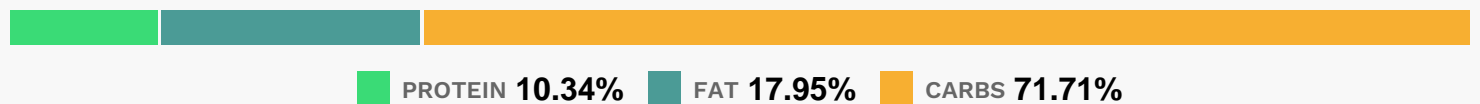
Equipment

- bowl
- frying pan
- loaf pan
- aluminum foil

Directions

- Line 8x4-inch loaf pan with foil, leaving edges of foil hanging over sides of pan. Divide condensed milk evenly between 2 medium bowls. Stir Key lime pie yogurt into 1 bowl. Stir strawberry yogurt into remaining bowl.
- Spread Key lime pie mixture into foil-lined loaf pan.
- Sprinkle with cereal. Gently spoon and spread strawberry mixture on top. Freeze at least 8 hours until firm.
- To serve, use foil to lift frozen loaf from pan. Pull back foil and remove.
- Let stand 5 to 10 minutes to soften slightly.
- Cut into eight 1-inch slices.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.66, Glycemic Load:19.76, Inflammation Score:-4, Nutrition Score:8.7108694444532%

Flavonoids

Hesperetin: 18.29mg, Hesperetin: 18.29mg, Hesperetin: 18.29mg, Hesperetin: 18.29mg Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 231.79kcal (11.59%), Fat: 4.89g (7.52%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 43.94g (14.65%), Net Carbohydrates: 41.71g (15.17%), Sugar: 35.95g (39.95%), Cholesterol: 20.7mg (6.9%), Sodium: 114.25mg (4.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.67%), Vitamin B2: 0.36mg (21.26%), Calcium: 203.06mg (20.31%), Phosphorus: 188.79mg (18.88%), Vitamin C: 13.66mg (16.56%), Selenium: 10.14µg (14.48%), Vitamin B12: 0.69µg (11.49%), Folate: 42.21µg (10.55%), Iron: 1.8mg (10.03%), Potassium: 329.35mg (9.41%), Manganese: 0.18mg (9.24%), Fiber: 2.23g (8.93%), Vitamin B1: 0.12mg (8.16%), Magnesium: 26.9mg (6.73%), Vitamin B6: 0.13mg (6.43%), Vitamin A: 291.91IU (5.84%), Vitamin B3: 1.02mg (5.12%), Zinc: 0.76mg (5.09%), Vitamin B5: 0.51mg (5.08%), Copper: 0.06mg (3%), Vitamin D: 0.26µg (1.76%), Vitamin E: 0.21mg (1.41%)