



Gingery Lemon Curd Sundae

READY IN



45 min.

SERVINGS



1

CALORIES



137 kcal

Ingredients

- 1 gingersnap crushed
- 2 teaspoons lemon curd prepared
- 0.3 cup nonfat vanilla greek yogurt frozen

Equipment

Directions

- Top yogurt with lemon curd.
- Sprinkle with crushed gingersnap.

Nutrition Facts



PROTEIN 19.65% FAT 12.82% CARBS 67.53%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.92217392442019%

Nutrients (% of daily need)

Calories: 136.55kcal (6.83%), Fat: 1.97g (3.04%), Saturated Fat: 1g (6.23%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 23.22g (8.44%), Sugar: 18.87g (20.97%), Cholesterol: 2.52mg (0.84%), Sodium: 103.55mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Manganese: 0.11mg (5.44%), Potassium: 92.32mg (2.64%), Iron: 0.45mg (2.49%), Folate: 6.09µg (1.52%), Vitamin B2: 0.02mg (1.21%), Vitamin B3: 0.23mg (1.13%), Copper: 0.02mg (1.07%)