



Greek 100 Orange Cream Floats



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



2

CALORIES



200 kcal

Ingredients

- ☐ 2 cans coca-cola
- ☐ 5.3 oz vanilla yogurt yoplait®

Equipment

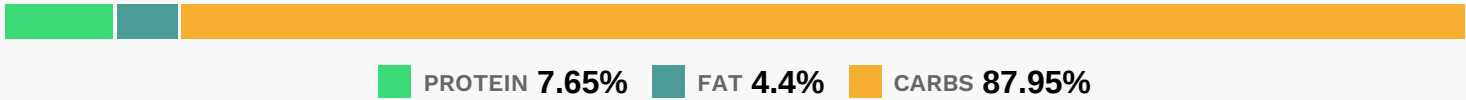
- ☐ ice cube tray

Directions

- ☐ Place about 1 tablespoon yogurt into each of 8 sections of ice cube tray. Freeze about 2 hours or until firm.

- ☐ In 2 tall serving glasses, place 4 yogurt ice cubes each.
- ☐ Pour beverage over cubes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:22.16, Inflammation Score:-1, Nutrition Score:3.3460869432791%

Nutrients (% of daily need)

Calories: 200.02kcal (10%), Fat: 1.01g (1.56%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 45.55g (15.18%), Net Carbohydrates: 45.55g (16.56%), Sugar: 43.38g (48.2%), Cholesterol: 3.76mg (1.25%), Sodium: 64.3mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.44mg (9.81%), Protein: 3.96g (7.92%), Phosphorus: 138.22mg (13.82%), Calcium: 135.83mg (13.58%), Vitamin B2: 0.15mg (8.88%), Vitamin B12: 0.4µg (6.64%), Selenium: 4.05µg (5.78%), Potassium: 171.89mg (4.91%), Zinc: 0.7mg (4.65%), Vitamin B5: 0.41mg (4.15%), Magnesium: 12.02mg (3.01%), Iron: 0.46mg (2.54%), Vitamin B1: 0.03mg (2.1%), Folate: 8.26µg (2.07%), Vitamin B6: 0.03mg (1.69%)