



Greek 100 Root Beer Floats

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



2

CALORIES



68 kcal

SIDE DISH

Ingredients

- 2 cans diet root beer
- 5.3 oz vanilla yogurt yoplait®

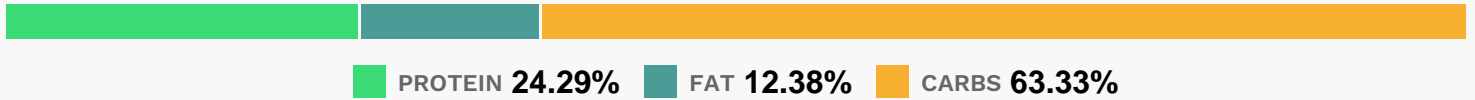
Equipment

- 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 root beer over cubes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.5565217130858%

Nutrients (% of daily need)

Calories: 67.54kcal (3.38%), Fat: 0.94g (1.44%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 10.81g (3.93%), Sugar: 10.37g (11.52%), Cholesterol: 3.76mg (1.25%), Sodium: 64.3mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.29%), Calcium: 139.51mg (13.95%), Vitamin B2: 0.24mg (13.86%), Phosphorus: 138.22mg (13.82%), Vitamin B12: 0.4µg (6.64%), Selenium: 4.05µg (5.78%), Potassium: 190.29mg (5.44%), Zinc: 0.66mg (4.4%), Vitamin B5: 0.41mg (4.15%), Vitamin B1: 0.05mg (3.33%), Magnesium: 12.02mg (3.01%), Folate: 8.26µg (2.07%), Vitamin B6: 0.03mg (1.69%)