



Greek 100 Vanilla FroYo

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



361 kcal

DESSERT

Ingredients

- 0.3 cup peanut butter candy pieces chopped
- 5.3 oz vanilla yogurt yoplait®

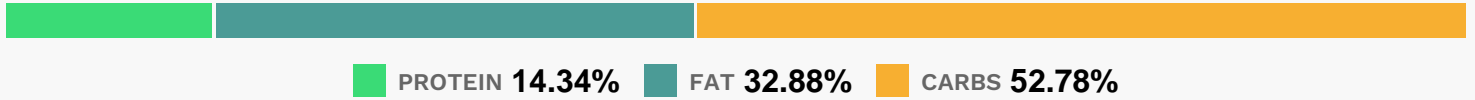
Equipment

Directions

- Remove cover from yogurt; stir well with spoon. Recover and place in freezer, stirring every 15 minutes until consistency of soft serve ice cream, 30 to 45 minutes.

Top with chopped candies.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:13.91, Inflammation Score:-3, Nutrition Score:11.137826147287%

Nutrients (% of daily need)

Calories: 361.3kcal (18.07%), Fat: 13.53g (20.82%), Saturated Fat: 8.92g (55.74%), Carbohydrates: 48.89g (16.3%), Net Carbohydrates: 47.48g (17.26%), Sugar: 45.74g (50.82%), Cholesterol: 7.51mg (2.5%), Sodium: 190.35mg (8.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.28g (26.56%), Phosphorus: 300.13mg (30.01%), Calcium: 289.36mg (28.94%), Manganese: 0.52mg (26.15%), Vitamin B2: 0.41mg (23.85%), Magnesium: 65.4mg (16.35%), Vitamin B3: 3.01mg (15.04%), Potassium: 497.78mg (14.22%), Vitamin B12: 0.85µg (14.13%), Zinc: 1.79mg (11.92%), Vitamin B5: 1.12mg (11.16%), Selenium: 7.74µg (11.05%), Copper: 0.21mg (10.61%), Folate: 42.38µg (10.59%), Vitamin B1: 0.15mg (9.85%), Vitamin B6: 0.12mg (5.97%), Fiber: 1.41g (5.64%), Vitamin E: 0.5mg (3.3%), Vitamin K: 2.92µg (2.78%), Iron: 0.34mg (1.86%), Vitamin C: 1.2mg (1.46%), Vitamin A: 64.6IU (1.29%)