



Lemon Dessert Float

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



35 kcal

Ingredients

- 0.5 cup club soda
- 0.5 cup make-ahead lemonade syrup chilled
- 0.5 cup vanilla nonfat yogurt frozen

Equipment

Directions

- Place frozen yogurt in a tall glass; pour Make-Ahead Lemonade Syrup and club soda over yogurt.

Garnish with a maraschino cherry, if desired.

Serve immediately.

Nutrition Facts

 **PROTEIN 12.2%**  **FAT 1.25%**  **CARBS 86.55%**

Properties

Glycemic Index:12.9, Glycemic Load:1.93, Inflammation Score:-1, Nutrition Score:0.88217390280055%

Nutrients (% of daily need)

Calories: 35.24kcal (1.76%), Fat: 0.05g (0.08%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 7.65g (2.78%), Sugar: 7.45g (8.27%), Cholesterol: 0.49mg (0.16%), Sodium: 20.67mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Calcium: 38.42mg (3.84%), Phosphorus: 29.16mg (2.92%), Vitamin B2: 0.04mg (2.59%), Selenium: 1.47µg (2.1%), Vitamin B12: 0.12µg (1.92%), Zinc: 0.2mg (1.37%), Potassium: 48mg (1.37%)