



Lemon Ginger FroYo Sandwiches

READY IN



60 min.

SERVINGS



8

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 gingersnaps
- 5.3 oz greek 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.
- Scoop 1 level tablespoon yogurt on bottom of 1 cookie. Top with second cookie, and squeeze gently. Carefully wrap cookie if desired, and freeze 15 minutes to set.

Nutrition Facts

PROTEIN 15.61% FAT 18.63% CARBS 65.76%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.393478292%

Nutrients (% of daily need)

Calories: 69.7kcal (3.48%), Fat: 1.44g (2.22%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 11.14g (4.05%), Sugar: 3.4g (3.78%), Cholesterol: 0.94mg (0.31%), Sodium: 84.46mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Manganese: 0.22mg (10.97%), Vitamin B2: 0.09mg (5.52%), Iron: 0.91mg (5.05%), Phosphorus: 37.16mg (3.72%), Selenium: 2.57µg (3.68%), Folate: 13.49µg (3.37%), Calcium: 31.63mg (3.16%), Vitamin B3: 0.49mg (2.47%), Copper: 0.05mg (2.29%), Magnesium: 8.93mg (2.23%), Vitamin B12: 0.13µg (2.19%), Vitamin B1: 0.03mg (2.14%), Potassium: 74.92mg (2.14%), Vitamin B6: 0.03mg (1.29%), Fiber: 0.31g (1.23%), Zinc: 0.18mg (1.18%), Vitamin B5: 0.12mg (1.15%)