



Marbled Yogurt Dessert

 Dairy Free

READY IN



240 min.

SERVINGS



12

CALORIES



342 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup butter firm
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup nuts finely chopped
- ☐ 4 cups yogurt frozen softened
- ☐ 4 cups vanilla yogurt frozen softened
- ☐ 2 cups fruit
- ☐ 0.3 cup chocolate syrup

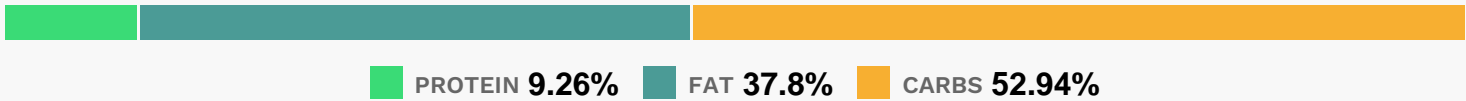
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ springform pan

Directions

- ☐ Heat oven to 350°F. In medium bowl, cut butter into flour, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until evenly mixed. Stir in nuts. Press evenly on bottom of ungreased 9-inch square pan or 9-inch springform pan.
- ☐ Bake about 15 minutes or until light brown. Cool completely, about 30 minutes.
- ☐ Scoop frozen yogurts onto crust, alternating flavors.
- ☐ Spread yogurts slightly to smooth. Cover and freeze at least 3 hours until firm but no longer than 2 weeks.
- ☐ Let stand at room temperature about 10 minutes before cutting. Dip knife into hot water, then run knife along side of dessert to loosen. Top dessert with fruit; drizzle with chocolate syrup. Store covered in freezer.

Nutrition Facts



Properties

Glycemic Index:8.72, Glycemic Load:6.04, Inflammation Score:-5, Nutrition Score:6.7652173638344%

Nutrients (% of daily need)

Calories: 342.22kcal (17.11%), Fat: 14.76g (22.71%), Saturated Fat: 3.69g (23.05%), Carbohydrates: 46.5g (15.5%), Net Carbohydrates: 44.65g (16.24%), Sugar: 34.13g (37.92%), Cholesterol: 4.9mg (1.63%), Sodium: 185.67mg (8.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.28%), Calcium: 206.27mg (20.63%), Phosphorus: 114.25mg (11.42%), Manganese: 0.23mg (11.38%), Vitamin A: 560.27IU (11.21%), Vitamin B2: 0.19mg (11%), Potassium: 381.18mg (10.89%), Copper: 0.17mg (8.63%), Vitamin B1: 0.12mg (7.85%), Selenium: 5.2µg (7.43%), Fiber: 1.85g (7.41%), Magnesium: 28.83mg (7.21%), Iron: 1.25mg (6.92%), Folate: 25.95µg (6.49%), Vitamin B3: 1.21mg (6.06%), Vitamin B5: 0.45mg (4.52%), Zinc: 0.58mg (3.89%), Vitamin B6: 0.07mg (3.41%), Vitamin B12: 0.15µg (2.48%), Vitamin E: 0.35mg (2.36%), Vitamin C: 1.78mg (2.16%), Vitamin K: 2.02µg (1.93%)