



Mock Fried Ice Cream

 Vegetarian

READY IN



50 min.

SERVINGS



1

CALORIES



302 kcal

DESSERT

Ingredients

- 5.3 oz vanilla yogurt
- 0.7 cup buttered toast
- 2 tablespoons mrs richardson's butterscotch caramel sauce

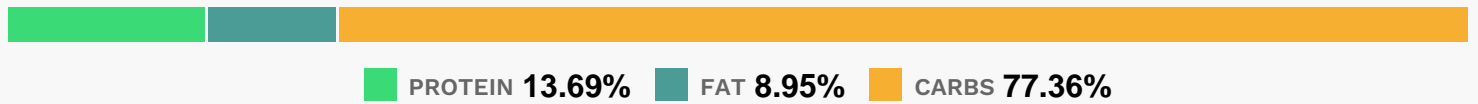
Equipment

- bowl

Directions

- Remove cover from yogurt; stir well with spoon. Recover, and place in freezer, stirring every 15 minutes until consistency of soft serve, 30 to 45 minutes. Meanwhile, reserve 1/4 cup cereal; set aside. Coarsely crush remaining cereal; place in small bowl.
- Stir reserved 1/4 cup cereal into frozen yogurt, forming a ball. With spoon, remove yogurt ball, and place in bowl with coarsely crushed cereal.
- Roll ball around in crumbs, or spoon crumbs over ball until completely covered with crumbs.
- Place on serving plate.
- Drizzle with caramel topping.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:9.5321738279384%

Nutrients (% of daily need)

Calories: 302.01kcal (15.1%), Fat: 3.08g (4.74%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 59.85g (19.95%), Net Carbohydrates: 59.1g (21.49%), Sugar: 44.96g (49.95%), Cholesterol: 7.81mg (2.6%), Sodium: 413.17mg (17.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.18%), Calcium: 312.23mg (31.22%), Phosphorus: 249.34mg (24.93%), Selenium: 17.18µg (24.55%), Vitamin B2: 0.4mg (23.71%), Vitamin B12: 0.87µg (14.57%), Vitamin B1: 0.19mg (12.51%), Folate: 48.53µg (12.13%), Potassium: 394.75mg (11.28%), Vitamin B5: 0.98mg (9.76%), Zinc: 1.45mg (9.67%), Magnesium: 33.84mg (8.46%), Manganese: 0.15mg (7.62%), Vitamin B3: 1.34mg (6.69%), Iron: 1.1mg (6.13%), Vitamin B6: 0.09mg (4.33%), Copper: 0.06mg (3.05%), Fiber: 0.75g (3%), Vitamin A: 100.61IU (2.01%), Vitamin C: 1.4mg (1.7%), Vitamin K: 1.17µg (1.11%)