



## Strawberry Yogurt Freeze

READY IN



65 min.

SERVINGS



5

CALORIES



23 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 Tbsp strawberry yogurt low-fat
- 2 vanilla wafers reduced-fat
- 2 Tbsp cool whip lite whipped topping thawed

### Equipment

### Directions

- Place 1 wafer in paper-lined muffin cup; cover with combined COOL WHIP and yogurt.
- Top with remaining wafer.

Freeze 1 hour or until firm.

## Nutrition Facts



## Properties

Glycemic Index:15.4, Glycemic Load:1.33, Inflammation Score:0, Nutrition Score:0.28521739116505%

## Nutrients (% of daily need)

Calories: 23.28kcal (1.16%), Fat: 0.73g (1.12%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.71g (1.35%), Sugar: 2.56g (2.84%), Cholesterol: 0.78mg (0.26%), Sodium: 15.34mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.91%), Vitamin B2: 0.02mg (1.27%)