

Tropical Frozen Dessert

READY IN



255 min.

SERVINGS



4

CALORIES



170 kcal

DESSERT

Ingredients

- 0.3 cup gingersnaps crushed (7 cookies)
- 1 tablespoon sugar
- 1 tablespoon butter melted
- 0.3 cup coconut flakes flaked
- 3 inch bread
- 12 oz pineapple yoplait®

Equipment

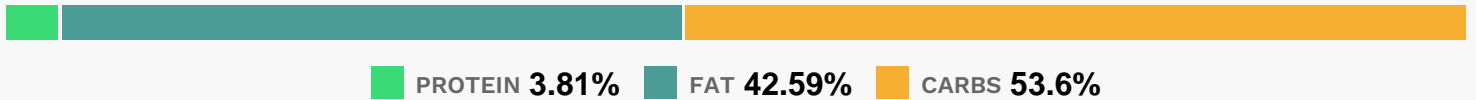
- bowl

- baking sheet
- oven
- plastic wrap
- loaf pan
- cutting board

Directions

- Heat oven to 350°F.
- In small bowl, mix crushed cookies, sugar, melted butter and coconut.
- Spread evenly on ungreased cookie sheet.
- Bake 4 minutes; stir.
- Bake about 2 minutes longer or until coconut is golden brown. Cool 10 minutes.
- Spoon 1/3 cup cookie mixture into loaf pan. Top with 1 container yogurt.
- Sprinkle remaining cookie mixture over yogurt. Top with remaining container of yogurt; spread evenly. Cover with plastic wrap.
- Place in freezer about 4 hours or just until firm. Just before serving, turn upside down onto cutting board; cut into 4 slices.

Nutrition Facts



Properties

Glycemic Index:64.81, Glycemic Load:8.7, Inflammation Score:-4, Nutrition Score:8.2769565417067%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 170.27kcal (8.51%), Fat: 8.49g (13.06%), Saturated Fat: 6.1g (38.13%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 21.44g (7.8%), Sugar: 13.86g (15.4%), Cholesterol: 7.53mg (2.51%), Sodium: 89.74mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Manganese: 1.14mg (56.97%), Vitamin C: 40.76mg (49.41%), Fiber: 2.59g (10.38%), Copper: 0.18mg (9.09%), Vitamin B1: 0.1mg (6.93%), Folate: 26.59µg (6.65%), Iron: 1.16mg

(6.45%), Vitamin B6: 0.13mg (6.39%), Magnesium: 21.87mg (5.47%), Potassium: 166.88mg (4.77%), Vitamin B3: 0.87mg (4.33%), Vitamin B2: 0.07mg (4.22%), Selenium: 2.47µg (3.53%), Phosphorus: 32.05mg (3.21%), Vitamin B5: 0.28mg (2.84%), Vitamin A: 136.98IU (2.74%), Calcium: 22.01mg (2.2%), Zinc: 0.32mg (2.13%), Vitamin E: 0.22mg (1.5%), Vitamin K: 1.11µg (1.06%)