



## Tropical Frozen Yogurt Dessert

READY IN



540 min.

SERVINGS



12

CALORIES



387 kcal

DESSERT

### Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup butter softened
- ☐ 0.5 cup powdered sugar
- ☐ 2 cups whipping cream
- ☐ 0.3 cup powdered sugar
- ☐ 6 oz creme de cassis fat free 99%
- ☐ 16 oz pineapple crushed drained canned

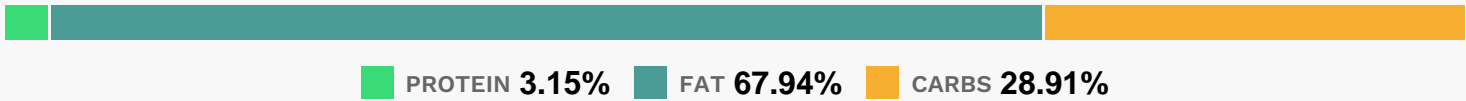
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

## Directions

- ☐ Heat oven to 400°F. In large bowl, beat crust ingredients with electric mixer on low speed 1 minute, scraping bowl constantly. Beat on medium speed about 2 minutes or until creamy.
- ☐ Spread on bottom of ungreased 13x9-inch pan.
- ☐ Bake 12 to 15 minutes or until edges are golden brown. Cool completely.
- ☐ In large bowl, beat whipping cream and 1/4 cup powdered sugar on high speed until soft peaks form. Fold in yogurt, pineapple and reserved syrup. Spoon evenly over crust.
- ☐ Cover and freeze at least 8 hours.
- ☐ Remove from freezer 20 to 25 minutes before serving. Store covered in freezer.

## Nutrition Facts



## Properties

Glycemic Index:6.25, Glycemic Load:8.63, Inflammation Score:-7, Nutrition Score:5.5039130812106%

## Nutrients (% of daily need)

Calories: 386.84kcal (19.34%), Fat: 29.74g (45.76%), Saturated Fat: 12.31g (76.94%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 27.56g (10.02%), Sugar: 15.81g (17.57%), Cholesterol: 44.82mg (14.94%), Sodium: 191.64mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.21%), Vitamin A: 1278.65IU (25.57%), Vitamin B1: 0.17mg (11.4%), Vitamin B2: 0.17mg (9.89%), Selenium: 6.68µg (9.55%), Folate: 32.26µg (8.06%), Vitamin E: 0.97mg (6.46%), Manganese: 0.11mg (5.46%), Vitamin B3: 1.06mg (5.3%), Iron: 0.88mg (4.9%), Phosphorus: 46.88mg (4.69%), Vitamin C: 3.83mg (4.64%), Vitamin D: 0.63µg (4.23%), Calcium: 41.03mg (4.1%), Fiber: 0.91g (3.65%), Copper: 0.07mg (3.45%), Magnesium: 12.59mg (3.15%), Potassium: 109.51mg (3.13%), Vitamin B6: 0.05mg (2.54%), Vitamin B5: 0.19mg (1.85%), Zinc: 0.25mg (1.69%), Vitamin K: 1.58µg (1.51%), Vitamin B12: 0.08µg (1.37%)