



Tropical Frozen Yogurt Dessert

READY IN



540 min.

SERVINGS



12

CALORIES



388 kcal

DESSERT

Ingredients

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

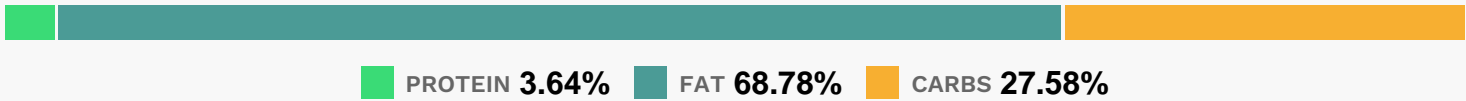
Equipment

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

Directions

- ☐ Heat oven to 400F. 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:7.83, Glycemic Load:8.75, Inflammation Score:-7, Nutrition Score:5.8882609139318%

Nutrients (% of daily need)

Calories: 388.25kcal (19.41%), Fat: 30.2g (46.47%), Saturated Fat: 12.61g (78.79%), Carbohydrates: 27.25g (9.08%), Net Carbohydrates: 26.33g (9.58%), Sugar: 14.59g (16.21%), Cholesterol: 46.67mg (15.56%), Sodium: 196.46mg (8.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.19%), Vitamin A: 1292.68IU (25.85%), Vitamin B1: 0.18mg (11.68%), Vitamin B2: 0.19mg (11.07%), Selenium: 6.99µg (9.99%), Folate: 33.25µg (8.31%), Vitamin E: 0.98mg (6.51%), Phosphorus: 60.34mg (6.03%), Calcium: 57.47mg (5.75%), Manganese: 0.11mg (5.39%), Vitamin B3: 1.07mg (5.35%), Iron: 0.88mg (4.9%), Vitamin C: 3.9mg (4.73%), Vitamin D: 0.65µg (4.33%), Potassium: 131.34mg (3.75%), Fiber: 0.91g (3.65%), Magnesium: 14.15mg (3.54%), Copper: 0.07mg (3.46%), Vitamin B6: 0.06mg (2.77%), Vitamin B5: 0.24mg (2.41%), Vitamin B12: 0.13µg (2.25%), Zinc: 0.33mg (2.18%), Vitamin K: 1.61µg (1.53%)