



Tropical Vanilla FroYo Sandwiches

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

☐ 5.3 oz greek yogurt yoplait®

☐ 16 vanilla wafers

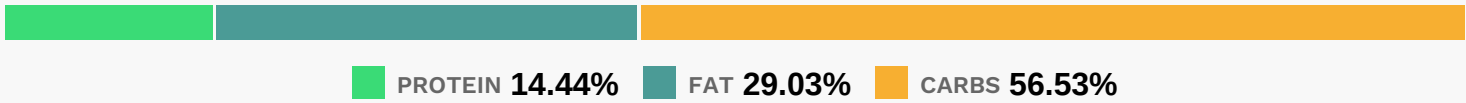
Equipment

Directions

☐ Remove cover from yogurt; stir well with spoon. Recover and place in freezer, stirring every 15 minutes until consistency of soft serve ice cream, 30 to 45 minutes.

Scoop 1 level tablespoon yogurt on bottom of 1 cookie. Top with second cookie, and squeeze gently. Carefully wrap cookie if desired, and freeze 15 minutes to set.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:6.63, Inflammation Score:-1, Nutrition Score:1.1973913113546%

Nutrients (% of daily need)

Calories: 66.9kcal (3.34%), Fat: 2.16g (3.32%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 9.29g (3.38%), Sugar: 4.41g (4.9%), Cholesterol: 1.06mg (0.35%), Sodium: 55mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.83%), Vitamin B2: 0.08mg (4.73%), Vitamin B1: 0.05mg (3.64%), Phosphorus: 30.58mg (3.06%), Folate: 11.87µg (2.97%), Selenium: 1.86µg (2.66%), Vitamin B12: 0.13µg (2.19%), Calcium: 20.85mg (2.08%), Vitamin B3: 0.35mg (1.76%), Potassium: 36.56mg (1.04%)