



Yogurt and Banana Frozen Dessert

READY IN



200 min.

SERVINGS



9

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 0.8 cup graham cracker crumbs
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter melted
- ☐ 1 box vanilla pudding white instant (4-serving size)
- ☐ 18 oz vanilla yogurt french yoplait®
- ☐ 0.3 cup milk
- ☐ 1.5 cups cool whip frozen thawed
- ☐ 2 medium banana firm chopped
- ☐ 3 tablespoons mrs richardson's butterscotch caramel sauce

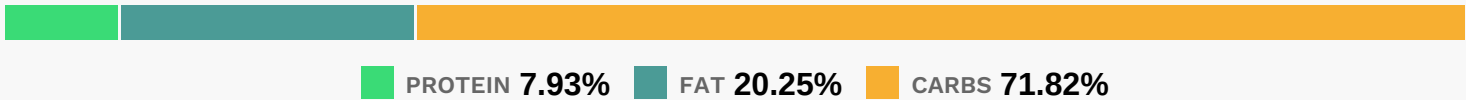
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Spray 8-inch square pan with cooking spray or line with nonstick foil. In small bowl, mix crumbs, sugar and melted butter until crumbly. Press in bottom of pan. Freeze 10 minutes.
- ☐ Meanwhile, in medium bowl, beat pudding mix, yogurt and milk with electric mixer on low speed about 1 minute until smooth. Fold in whipped topping. Stir in bananas.
- ☐ Spread mixture evenly over crust. Cover and freeze at least 3 hours or until firm.
- ☐ Remove from freezer and let stand 10 to 15 minutes before serving. For squares, cut into 3 rows by 3 rows. Top each square with about 1 teaspoon caramel topping. Store covered in freezer.

Nutrition Facts



Properties

Glycemic Index:26.32, Glycemic Load:8.65, Inflammation Score:-2, Nutrition Score:5.015652137606%

Flavonoids

Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 211.37kcal (10.57%), Fat: 4.89g (7.53%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 39.04g (13.01%), Net Carbohydrates: 38g (13.82%), Sugar: 29.88g (33.2%), Cholesterol: 5.65mg (1.88%), Sodium: 215.22mg (9.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Vitamin B2: 0.24mg (14.1%), Calcium: 130.39mg (13.04%), Phosphorus: 115.33mg (11.53%), Vitamin B12: 0.54µg (8.95%), Potassium: 262mg (7.49%), Vitamin B6: 0.15mg (7.43%), Magnesium: 22.52mg (5.63%), Selenium: 3.74µg (5.35%), Zinc: 0.71mg (4.76%), Vitamin B1: 0.07mg

(4.7%), Vitamin B5: 0.44mg (4.39%), Folate: 16.99µg (4.25%), Fiber: 1.03g (4.14%), Manganese: 0.08mg (3.88%),
Vitamin A: 191.3IU (3.83%), Vitamin C: 2.77mg (3.36%), Vitamin B3: 0.55mg (2.77%), Iron: 0.41mg (2.28%), Copper:
0.03mg (1.74%), Vitamin E: 0.15mg (1.01%)