

Amorous Duo



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons amaretto (almond-flavored liqueur)
- ☐ 1 cup vanilla yogurt frozen low-fat
- ☐ 0.5 cup ice crushed
- ☐ 3 tablespoons pomegranate syrup

Equipment

- ☐ blender

Directions

☐ Place all the ingredients in a blender, and process mixture until smooth.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:20.07, Inflammation Score:-2, Nutrition Score:2.9695652328108%

Nutrients (% of daily need)

Calories: 241.08kcal (12.05%), Fat: 4.08g (6.27%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 42.33g (14.11%), Net Carbohydrates: 42.33g (15.39%), Sugar: 36.08g (40.08%), Cholesterol: 1.44mg (0.48%), Sodium: 74.9mg (3.26%), Alcohol: 3.9g (100%), Alcohol %: 2.81% (100%), Caffeine: 3.9mg (1.3%), Protein: 2.89g (5.79%), Calcium: 106.68mg (10.67%), Vitamin B2: 0.17mg (9.77%), Phosphorus: 94.98mg (9.5%), Potassium: 164.82mg (4.71%), Vitamin B5: 0.46mg (4.64%), Selenium: 2.6µg (3.72%), Vitamin B12: 0.21µg (3.48%), Magnesium: 12.32mg (3.08%), Vitamin A: 152.64IU (3.05%), Vitamin B6: 0.06mg (2.88%), Copper: 0.05mg (2.6%), Zinc: 0.35mg (2.35%), Vitamin B1: 0.03mg (1.82%), Iron: 0.24mg (1.33%), Vitamin B3: 0.23mg (1.14%), Folate: 4.32µg (1.08%)