



Avocado Chocolate Bits Frozen Yogurt

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



735 kcal

DESSERT

Ingredients

- 2 cups milk whole
- 0.8 cup sugar
- 0.5 teaspoon vanilla extract
- 4 large egg yolk
- 1 cup yogurt plain
- 1 cup yogurt plain
- 12 oz avocado pitted peeled
- 0.5 tablespoon juice of lemon

- 1 cup bittersweet chocolate 70% chopped (60- cacao)
- 4 servings condensed milk sweetened for drizzling, optional

Equipment

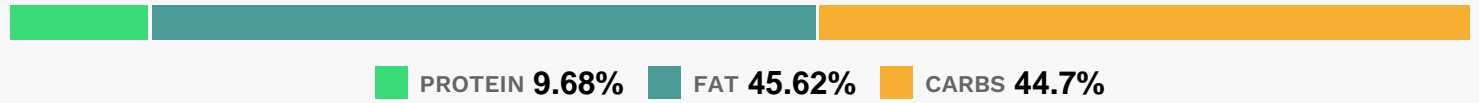
- food processor
- bowl
- sauce pan
- ladle
- whisk
- sieve
- blender
- wooden spoon
- ice cream machine

Directions

- Heat milk and sugar over medium heat in a medium saucepan until just comes to a boil, stirring occasionally. Stir in the vanilla.
- Have ready a large bowl filled with ice and set a small metal bowl over the ice with a strainer set over it.
- Place egg yolks in a medium bowl, lightly beaten. Ladle some of the milk into the egg yolk, whisk it to prevent curdling.
- Pour this mixture back into the rest of the milk in the saucepan. Cook over low-medium heat until mixture is thick and can cover the back of a wooden spoon, about 4 to 8 minutes.
- Pour the mixture over the strainer into the small bowl; stir in the yogurt.
- Whisk the mixture over the ice bath until it cools completely.
- Scoop the avocado meat and puree in a blender or food processor along with the lemon juice and some of the cooled custard.
- Pour this mixture back to the rest of the custard, blend them together until it is thick and creamy.

- Freeze the custard in an ice cream maker according to the manufacturers instructions. Halfway through the freezing process, fold in the chopped bittersweet chocolate.
- Transfer the frozen yogurt into a freezer-safe container and freeze until solid, at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:52.27, Glycemic Load:29.3, Inflammation Score:-7, Nutrition Score:26.469565217391%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 735.37kcal (36.77%), Fat: 38.1g (58.62%), Saturated Fat: 15.54g (97.13%), Carbohydrates: 83.99g (28%), Net Carbohydrates: 74.79g (27.2%), Sugar: 70.07g (77.86%), Cholesterol: 203.66mg (67.89%), Sodium: 160.88mg (6.99%), Caffeine: 37.63mg (12.54%), Protein: 18.19g (36.38%), Phosphorus: 542.53mg (54.25%), Calcium: 456.48mg (45.65%), Vitamin B2: 0.69mg (40.52%), Copper: 0.74mg (37.19%), Fiber: 9.2g (36.82%), Manganese: 0.72mg (36.19%), Magnesium: 140.86mg (35.22%), Potassium: 1181.58mg (33.76%), Vitamin B5: 3.07mg (30.71%), Vitamin B12: 1.82µg (30.35%), Selenium: 20.64µg (29.48%), Folate: 108.89µg (27.22%), Zinc: 3.8mg (25.32%), Vitamin B6: 0.43mg (21.69%), Iron: 3.83mg (21.28%), Vitamin K: 21.75µg (20.71%), Vitamin E: 2.52mg (16.82%), Vitamin B1: 0.23mg (15.3%), Vitamin D: 2.26µg (15.08%), Vitamin C: 10.36mg (12.56%), Vitamin A: 600.18IU (12%), Vitamin B3: 2.14mg (10.68%)