



Banana-Mango Frozen Yogurt

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



114 kcal

DESSERT

Ingredients

- ☐ 1 cup banana ripe sliced
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1.5 cups milk 2% low-fat
- ☐ 0.8 cup mangos peeled chopped
- ☐ 0.3 cup orange juice
- ☐ 0.8 cup sugar
- ☐ 16 ounce carton vanilla yogurt low-fat

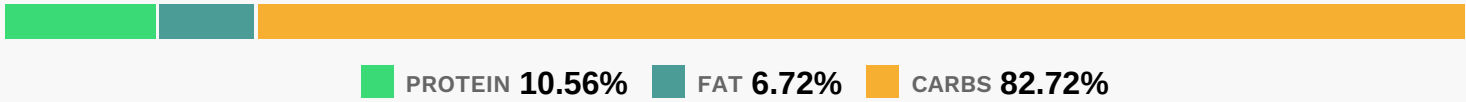
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender

Directions

- ☐ Place first 4 ingredients in a blender; process until smooth.
- ☐ Combine banana mixture, milk, sugar, and yogurt in a large bowl, stirring well with a whisk.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon into a freezer-safe container; cover and freeze at least 1 hour.
- ☐ Pouring the measured fruit and sugar into the blender with your guidance.

Nutrition Facts



Properties

Glycemic Index:19.05, Glycemic Load:11.19, Inflammation Score:-3, Nutrition Score:4.0486956731133%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 114.29kcal (5.71%), Fat: 0.89g (1.37%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 24.11g (8.77%), Sugar: 22.73g (25.26%), Cholesterol: 3.37mg (1.12%), Sodium: 36.95mg (1.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.29%), Vitamin C: 9.71mg (11.77%), Calcium: 104.97mg (10.5%), Phosphorus: 87.3mg (8.73%), Vitamin B2: 0.14mg (7.96%), Vitamin B12: 0.38µg (6.34%), Potassium: 210.18mg (6.01%), Vitamin B6: 0.1mg (4.85%), Vitamin A: 209.31IU (4.19%), Vitamin B5: 0.39mg (3.95%), Selenium: 2.74µg (3.92%), Magnesium: 15.05mg (3.76%), Folate: 14.12µg (3.53%), Zinc: 0.48mg (3.18%), Vitamin B1: 0.05mg (3.11%), Manganese: 0.04mg (2.24%), Vitamin D: 0.32µg (2.16%), Fiber: 0.52g (2.08%), Copper: 0.03mg (1.57%), Vitamin B3: 0.26mg (1.29%)