

Banana-Strawberry Frozen Yogurt

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



163 kcal

DESSERT

Ingredients

- 2 bananas ripe
- 1 cup yogurt plain fat-free
- 0.5 cup powdered sugar sifted
- 4 servings try build-a-meal
- 1 cup strawberries sliced
- 1 teaspoon vanilla extract

Equipment

- food processor

Directions

- Place ingredients in a food processor; process until smooth.
- Pour into freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon into freezer-safe container; cover and freeze.

Nutrition Facts

 **PROTEIN 10.74%**  **FAT 2.35%**  **CARBS 86.91%**

Properties

Glycemic Index:23.69, Glycemic Load:7.35, Inflammation Score:-3, Nutrition Score:7.8295651959336%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 162.8kcal (8.14%), Fat: 0.44g (0.68%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 36.7g (12.23%), Net Carbohydrates: 34.22g (12.45%), Sugar: 28.47g (31.63%), Cholesterol: 1.23mg (0.41%), Sodium: 48.51mg (2.11%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Protein: 4.53g (9.07%), Vitamin C: 26.85mg (32.55%), Manganese: 0.37mg (18.56%), Vitamin B6: 0.27mg (13.51%), Calcium: 131.42mg (13.14%), Phosphorus: 124.16mg (12.42%), Potassium: 431.57mg (12.33%), Vitamin B2: 0.2mg (11.83%), Fiber: 2.48g (9.92%), Magnesium: 34.85mg (8.71%), Folate: 27.94µg (6.98%), Vitamin B5: 0.65mg (6.5%), Vitamin B12: 0.37µg (6.23%), Zinc: 0.79mg (5.28%), Selenium: 3.54µg (5.06%), Copper: 0.08mg (4.06%), Vitamin B1: 0.06mg (3.96%), Vitamin B3: 0.67mg (3.33%), Iron: 0.43mg (2.39%), Vitamin K: 1.27µg (1.21%), Vitamin E: 0.18mg (1.18%)