



Blueberry Frozen Yogurt



Vegetarian



Gluten Free



Popular

READY IN



230 min.

SERVINGS



2

CALORIES



315 kcal

Ingredients

- ☐ 1 lb blueberries fresh
- ☐ 3 Tbsp juice of lemon
- ☐ 0.8 cup sugar sweet (depending on how your blueberries are, and how you want the result to be)
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon cinnamon
- ☐ 1.5 cups non-fat yogurt plain with heavy whipping cream) low-fat
- ☐ 0.5 cup milk whole

Equipment

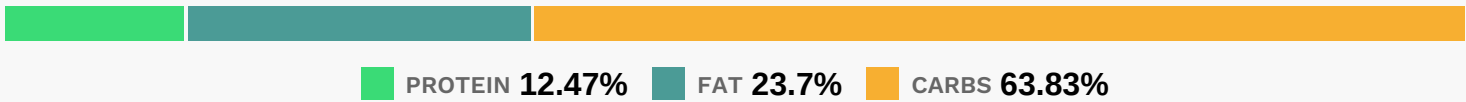
- ☐ sauce pan

- ☐ potato masher
- ☐ ice cream machine

Directions

- ☐ Cook blueberries with lemon juice, sugar, salt, cinnamon:
- ☐ Place the blueberries, lemon juice, sugar, salt, and cinnamon in a medium saucepan.
- ☐ Heat on medium heat, stirring, until all of the sugar has dissolved.
- ☐ While the mixture is heating, use a potato masher to mash up the blueberries.
- ☐ When all of the sugar has dissolved, remove from heat. Strain out the blueberry skins and let the juicy blueberry syrup cool for 10 minutes.
- ☐ Stir in yogurt, milk, then chill: Stir in the yogurt and milk until completely incorporated.
- ☐ Cover and chill the mixture in the refrigerator for several hours (or overnight) until completely cold.
- ☐ Process in ice cream maker: Process the blueberry yogurt mixture in your ice cream maker according to manufacturer's instructions (usually about 25 minutes).
- ☐ Serve immediately (it will be soft) or let it firm up a bit by freezing it for several hours.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:16.37, Inflammation Score:-8, Nutrition Score:18.337391148443%

Flavonoids

Cyanidin: 23.88mg, Cyanidin: 23.88mg, Cyanidin: 23.88mg, Cyanidin: 23.88mg Petunidin: 89.01mg, Petunidin: 89.01mg, Petunidin: 89.01mg, Petunidin: 89.01mg Delphinidin: 100.02mg, Delphinidin: 100.02mg, Delphinidin: 100.02mg, Delphinidin: 100.02mg Malvidin: 190.8mg, Malvidin: 190.8mg, Malvidin: 190.8mg, Malvidin: 190.8mg Peonidin: 57.28mg, Peonidin: 57.28mg, Peonidin: 57.28mg, Peonidin: 57.28mg Catechin: 14.93mg, Catechin: 14.93mg, Catechin: 14.93mg, Catechin: 14.93mg Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol:

4.69mg, Kaempferol: 4.69mg, Kaempferol: 4.69mg, Kaempferol: 4.69mg Myricetin: 3.67mg, Myricetin: 3.67mg, Myricetin: 3.67mg, Myricetin: 3.67mg Quercetin: 21.74mg, Quercetin: 21.74mg, Quercetin: 21.74mg, Quercetin: 21.74mg Gallocatechin: 0.34mg, Gallocatechin: 0.34mg, Gallocatechin: 0.34mg, Gallocatechin: 0.34mg

Nutrients (% of daily need)

Calories: 314.86kcal (15.74%), Fat: 8.91g (13.71%), Saturated Fat: 5.07g (31.72%), Carbohydrates: 54g (18%), Net Carbohydrates: 47.09g (17.12%), Sugar: 40.18g (44.65%), Cholesterol: 31.21mg (10.4%), Sodium: 401.45mg (17.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.1%), Vitamin K: 55.07µg (52.45%), Manganese: 0.98mg (49.18%), Vitamin C: 37.01mg (44.87%), Calcium: 317.09mg (31.71%), Fiber: 6.91g (27.64%), Vitamin B2: 0.46mg (27.31%), Phosphorus: 271.93mg (27.19%), Potassium: 617.45mg (17.64%), Vitamin B12: 1.01µg (16.82%), Vitamin B5: 1.32mg (13.22%), Vitamin B1: 0.2mg (13.15%), Vitamin B6: 0.25mg (12.67%), Zinc: 1.8mg (12%), Magnesium: 47.74mg (11.94%), Vitamin E: 1.79mg (11.91%), Copper: 0.18mg (9.12%), Vitamin A: 434.89IU (8.7%), Folate: 34.31µg (8.58%), Selenium: 5.51µg (7.87%), Vitamin B3: 1.4mg (7.02%), Vitamin D: 0.85µg (5.7%), Iron: 0.91mg (5.07%)