



Blueberry Vanilla Bean Frozen Yogurt



Vegetarian



Gluten Free

READY IN



240 min.

SERVINGS



2

CALORIES



1105 kcal

DESSERT

Ingredients

- ☐ 3.5 cups blueberries
- ☐ 0.8 cup plus light
- ☐ 2 pounds greek yogurt
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 cup sugar
- ☐ 2 tahitian vanilla bean
- ☐ 1 tablespoon vanilla extract
- ☐ 0.8 cup water

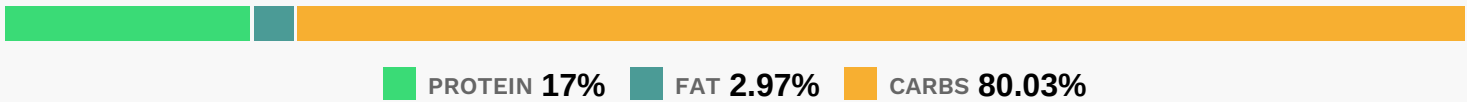
Equipment

- ☐ sauce pan
- ☐ blender
- ☐ ice cream machine
- ☐ immersion blender

Directions

- ☐ Bring the sugar, water, vanilla beans (split and scraped) and blueberries to a boil in a saucepan. Turn the heat off as soon as this mixture boils so it doesn't reduce. Stir in the corn syrup, kosher salt, and vanilla extract.
- ☐ Cool completely; refrigerate overnight if possible. Refrigerating overnight will allow the blueberries to fully absorb the full flavor of the vanilla beans. (But if you are really craving frozen yogurt right now, it is not a step that is crucial.)
- ☐ Remove the vanilla beans and add the yogurt. Use a hand blender to blend the mixture until the yogurt is completely emulsified and the blueberries are completely pureed. (Alternately, you can put this into a blender and puree it, but I like the convenience of the hand blender.) The mixture could be passed through a chinois if you'd like something more refined, but we like the rustic chunkiness of the blueberry skins and seeds throughout the frozen yogurt.
- ☐ Freeze this in your ice cream maker according to manufacturer's directions, keeping this tip in mind: the colder the frozen yogurt base is to begin with, the less time it will take for the ice cream freezer to freeze it. This results in smaller crystals of ice which will lead to a creamier frozen yogurt.

Nutrition Facts



Properties

Glycemic Index:64.55, Glycemic Load:83.55, Inflammation Score:-7, Nutrition Score:28.079565245172%

Flavonoids

Cyanidin: 21.91mg, Cyanidin: 21.91mg, Cyanidin: 21.91mg, Cyanidin: 21.91mg Petunidin: 81.66mg, Petunidin: 81.66mg, Petunidin: 81.66mg, Petunidin: 81.66mg Delphinidin: 91.76mg, Delphinidin: 91.76mg, Delphinidin: 91.76mg,

Delphinidin: 91.76mg Malvidin: 175.06mg, Malvidin: 175.06mg, Malvidin: 175.06mg, Malvidin: 175.06mg Peonidin: 52.55mg, Peonidin: 52.55mg, Peonidin: 52.55mg, Peonidin: 52.55mg Catechin: 13.7mg, Catechin: 13.7mg, Catechin: 13.7mg, Catechin: 13.7mg Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.3mg, Kaempferol: 4.3mg, Kaempferol: 4.3mg, Kaempferol: 4.3mg Myricetin: 3.37mg, Myricetin: 3.37mg, Myricetin: 3.37mg, Myricetin: 3.37mg Quercetin: 19.87mg, Quercetin: 19.87mg, Quercetin: 19.87mg, Quercetin: 19.87mg Gallocatechin: 0.31mg, Gallocatechin: 0.31mg, Gallocatechin: 0.31mg, Gallocatechin: 0.31mg

Nutrients (% of daily need)

Calories: 1105.43kcal (55.27%), Fat: 3.78g (5.82%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 229.05g (76.35%), Net Carbohydrates: 222.83g (81.03%), Sugar: 214.51g (238.34%), Cholesterol: 22.68mg (7.56%), Sodium: 541.62mg (23.55%), Alcohol: 2.24g (100%), Alcohol %: 0.28% (100%), Protein: 48.64g (97.28%), Vitamin B2: 1.4mg (82.42%), Selenium: 46.51µg (66.44%), Phosphorus: 648.36mg (64.84%), Calcium: 539.96mg (54%), Vitamin B12: 3.18µg (52.92%), Vitamin K: 49.99µg (47.61%), Manganese: 0.93mg (46.49%), Vitamin C: 25.12mg (30.45%), Fiber: 6.22g (24.86%), Potassium: 851.45mg (24.33%), Zinc: 3.41mg (22.7%), Vitamin B6: 0.43mg (21.33%), Vitamin B5: 1.82mg (18.25%), Vitamin B1: 0.27mg (18.12%), Magnesium: 68.39mg (17.1%), Copper: 0.25mg (12.45%), Folate: 47.29µg (11.82%), Vitamin B3: 2.07mg (10.34%), Vitamin E: 1.52mg (10.14%), Iron: 1.09mg (6.06%), Vitamin A: 158IU (3.16%)