



Callie's Mock Frozen Yogurt



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



115 kcal

Ingredients

- ☐ 0.5 cup blueberries frozen
- ☐ 8 strawberries frozen
- ☐ 0.8 cup vanilla yogurt sugar-free

Equipment

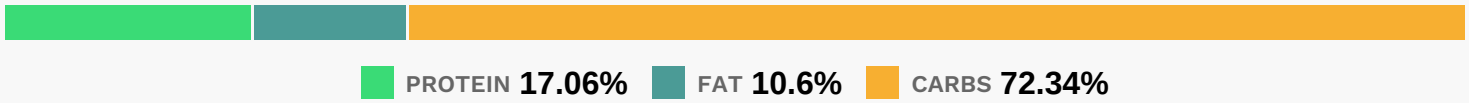
- ☐ food processor
- ☐ blender

Directions

- ☐
- Place the yogurt, blueberries, and strawberries into a blender or food processor. Cover, and puree until smooth.

☐

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:2.88, Inflammation Score:-4, Nutrition Score:7.8265217801799%

Flavonoids

Cyanidin: 3.94mg, Cyanidin: 3.94mg, Cyanidin: 3.94mg, Cyanidin: 3.94mg Petunidin: 11.72mg, Petunidin: 11.72mg, Petunidin: 11.72mg, Petunidin: 11.72mg Delphinidin: 13.26mg, Delphinidin: 13.26mg, Delphinidin: 13.26mg, Delphinidin: 13.26mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg Catechin: 3.45mg, Catechin: 3.45mg, Catechin: 3.45mg, Catechin: 3.45mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 114.54kcal (5.73%), Fat: 1.41g (2.18%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 21.73g (7.24%), Net Carbohydrates: 19.88g (7.23%), Sugar: 18.71g (20.79%), Cholesterol: 4.59mg (1.53%), Sodium: 61.49mg (2.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.25%), Vitamin C: 32.55mg (39.45%), Calcium: 167.01mg (16.7%), Manganese: 0.31mg (15.66%), Phosphorus: 139.99mg (14%), Vitamin B2: 0.21mg (12.38%), Potassium: 303.14mg (8.66%), Vitamin B12: 0.49µg (8.12%), Vitamin K: 8.29µg (7.89%), Fiber: 1.85g (7.39%), Selenium: 4.73µg (6.76%), Vitamin B5: 0.61mg (6.13%), Folate: 23.85µg (5.96%), Zinc: 0.89mg (5.93%), Magnesium: 23.16mg (5.79%), Vitamin B1: 0.06mg (4.25%), Vitamin B6: 0.08mg (4.16%), Copper: 0.06mg (2.8%), Vitamin E: 0.37mg (2.46%), Vitamin B3: 0.44mg (2.19%), Iron: 0.36mg (2.03%), Vitamin A: 65.25IU (1.3%)