



Cherry Cheesecake Frozen Yogurt

 Vegetarian  Gluten Free  Popular

READY IN



265 min.

SERVINGS



6

CALORIES



351 kcal

DESSERT

Ingredients

- 2 cups cherries fresh pitted chopped
- 8 ounce cream cheese softened
- 1 tablespoon juice of lemon
- 3 cups greek yogurt plain
- 1 cup sugar white

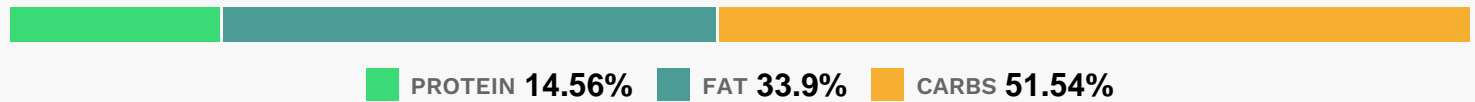
Equipment

- bowl
- plastic wrap

Directions

- In a large bowl, mash the cream cheese with sugar until thoroughly combined; stir in the lemon juice, and mix in the yogurt, about a cup at a time, until the mixture is smooth and creamy.
- Mix in the cherries. Cover the bowl with plastic wrap, and chill until very cold, at least 4 hours.
- Pour the mixture into an ice cream freezer, and freeze according to manufacturer's instructions. For firmer texture, pack the frozen yogurt into a covered container, and freeze for several hours.

Nutrition Facts



Properties

Glycemic Index:19.85, Glycemic Load:25.24, Inflammation Score:-4, Nutrition Score:6.8556521405344%

Flavonoids

Cyanidin: 13.9mg, Cyanidin: 13.9mg, Cyanidin: 13.9mg, Cyanidin: 13.9mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 351.16kcal (17.56%), Fat: 13.58g (20.89%), Saturated Fat: 7.76g (48.51%), Carbohydrates: 46.46g (15.49%), Net Carbohydrates: 45.49g (16.54%), Sugar: 43.91g (48.79%), Cholesterol: 43.18mg (14.39%), Sodium: 155.05mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.12g (26.24%), Vitamin B2: 0.39mg (22.93%), Selenium: 13.35µg (19.08%), Phosphorus: 186.31mg (18.63%), Calcium: 154.13mg (15.41%), Vitamin B12: 0.78µg (13.05%), Vitamin A: 541.24IU (10.82%), Potassium: 296.26mg (8.46%), Vitamin B5: 0.64mg (6.41%), Vitamin B6: 0.11mg (5.44%), Vitamin C: 4.19mg (5.08%), Zinc: 0.76mg (5.04%), Magnesium: 19.61mg (4.9%), Fiber: 0.97g (3.89%), Folate: 12.74µg (3.19%), Vitamin B1: 0.04mg (2.91%), Copper: 0.05mg (2.71%), Vitamin E: 0.37mg (2.47%),

Manganese: 0.05mg (2.35%), Vitamin K: 1.76µg (1.68%), Iron: 0.3mg (1.64%), Vitamin B3: 0.32mg (1.59%)