



Cherry Frozen Yogurt



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



2

CALORIES



421 kcal

Ingredients

- ☐ 3 cups cherries fresh pitted
- ☐ 2 Tbsp juice of lemon
- ☐ 0.8 cup sugar sweet frozen (more or less depending on how the cherries and how you want your yogurt to be)
- ☐ 0.3 cup milk whole for creamier version (can substitute half-and-half or cream)
- ☐ 1.5 cups full fat yogurt low-fat (if you are using non or yogurt, add 2 Tbsp heavy cream)
- ☐ 2 Tbsp almond liqueur such as amaretto

Equipment

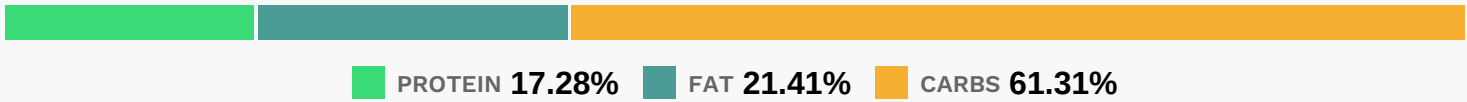
- ☐ bowl

- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ potato masher
- ☐ ice cream machine

Directions

- ☐ Place the pitted cherries, lemon juice, and sugar in a medium saucepan and bring to a simmer, stirring until the sugar is completely dissolved.
- ☐ While the mixture is heating, use a potato masher to mash up the berries in the pot which will release some of their moisture.
- ☐ When all of the sugar has dissolved, remove from heat and let cool for 10 minutes.
- ☐ Place the cherry mixture in a blender and pulse until smooth.
- ☐ Mix cherry purée, milk, and yogurt together in a bowl. Chill in the refrigerator for at least an hour; the longer the mixture chills the better (can chill overnight).
- ☐ Process in ice cream maker: Right before processing in an ice cream maker, add the almond liqueur if using. The alcohol in the liqueur will help keep the frozen yogurt smooth, but it is not necessary.
- ☐ Process the mixture in your ice cream maker for 25 minutes.
- ☐ You can eat it right away (it will be rather soft) or put it in the freezer for a few hours to harden up a bit.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:6.96, Inflammation Score:-6, Nutrition Score:17.778695635174%

Flavonoids

Cyanidin: 62.78mg, Cyanidin: 62.78mg, Cyanidin: 62.78mg, Cyanidin: 62.78mg Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg Peonidin: 3.11mg, Peonidin: 3.11mg, Peonidin: 3.11mg, Peonidin: 3.11mg Catechin: 9.15mg, Catechin: 9.15mg, Catechin: 9.15mg, Catechin: 9.15mg Epigallocatechin: 0.96mg,

Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 10.41mg, Epicatechin: 10.41mg, Epicatechin: 10.41mg, Epicatechin: 10.41mg Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 420.6kcal (21.03%), Fat: 10.57g (16.26%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 68.08g (22.69%), Net Carbohydrates: 62.17g (22.61%), Sugar: 58.62g (65.14%), Cholesterol: 19.12mg (6.37%), Sodium: 193.7mg (8.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.18g (38.37%), Calcium: 570.44mg (57.04%), Phosphorus: 388.17mg (38.82%), Vitamin B2: 0.62mg (36.46%), Potassium: 1226.3mg (35.04%), Vitamin C: 22.3mg (27.03%), Fiber: 5.91g (23.63%), Magnesium: 85.57mg (21.39%), Vitamin B12: 1.19µg (19.9%), Manganese: 0.38mg (19.19%), Vitamin E: 2.8mg (18.65%), Vitamin B5: 1.68mg (16.78%), Zinc: 2.22mg (14.83%), Copper: 0.25mg (12.69%), Vitamin B1: 0.18mg (11.86%), Vitamin B6: 0.23mg (11.53%), Selenium: 7.07µg (10.1%), Folate: 35.89µg (8.97%), Iron: 1.43mg (7.97%), Vitamin A: 276.6IU (5.53%), Vitamin B3: 0.94mg (4.68%), Vitamin K: 4.81µg (4.58%), Vitamin D: 0.34µg (2.24%)