



# Chocolate Frozen Yogurt with Raspberry Sauce

 Very Healthy

READY IN



360 min.

SERVINGS



1

CALORIES



2271 kcal

DESSERT

## Ingredients

- 8 6-inch flour tortillas ()
- 1 env. Knox gelatine unflavored
- 16 oz vanilla nonfat yogurt (2 cups)
- 10 oz raspberries pureed frozen thawed
- 1 cup sugar
- 0.5 cup cocoa powder unsweetened
- 1 tsp vanilla

- 0.5 cup water
- 1.5 cups cool whip lite whipped topping thawed

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- hand mixer

## Directions

- Mix sugar and gelatine in medium saucepan; stir in water.
- Let stand 1 min. Cook on low heat 5 min. or until gelatine is completely dissolved, stirring constantly.
- Add cocoa; stir until cocoa is dissolved.
- Remove from heat; cool.
- Add yogurt and vanilla; mix well. Gently stir in whipped topping.
- Pour into 9-inch square pan. Freeze 1 to 2 hours or until ice crystals form around edges.
- Spoon into large bowl; beat with electric mixer on low speed 30 sec., then on high speed 2 min. Return to freezer. Freeze 2 to 3 hours or until firm. Meanwhile, preheat oven to 350F. Gently press tortillas into 8 (10-oz.) custard cups to form cups.
- Bake 10 to 15 min. or until crisp; cool.
- Remove yogurt from freezer at least 20 min. before serving to soften slightly. Scoop evenly into tortilla cups; top with the raspberry puree. Store leftover yogurt in freezer.

## Nutrition Facts



## Properties

Glycemic Index:130.09, Glycemic Load:181.06, Inflammation Score:-10, Nutrition Score:68.855652187182%

## Flavonoids

Cyanidin: 129.76mg, Cyanidin: 129.76mg, Cyanidin: 129.76mg, Cyanidin: 129.76mg Petunidin: 0.88mg, Petunidin: 0.88mg, Petunidin: 0.88mg, Petunidin: 0.88mg Delphinidin: 3.74mg, Delphinidin: 3.74mg, Delphinidin: 3.74mg, Delphinidin: 3.74mg Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg Pelargonidin: 2.78mg, Pelargonidin: 2.78mg, Pelargonidin: 2.78mg, Pelargonidin: 2.78mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 31.59mg, Catechin: 31.59mg, Catechin: 31.59mg, Catechin: 31.59mg Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg Epicatechin: 94.44mg, Epicatechin: 94.44mg, Epicatechin: 94.44mg, Epicatechin: 94.44mg Epigallocatechin 3-gallate: 1.53mg, Epigallocatechin 3-gallate: 1.53mg, Epigallocatechin 3-gallate: 1.53mg, Epigallocatechin 3-gallate: 1.53mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

## Nutrients (% of daily need)

Calories: 2271.32kcal (113.57%), Fat: 43.11g (66.32%), Saturated Fat: 23.77g (148.57%), Carbohydrates: 438.31g (146.1%), Net Carbohydrates: 395.57g (143.84%), Sugar: 283.7g (315.23%), Cholesterol: 11.32mg (3.77%), Sodium: 2218.78mg (96.47%), Alcohol: 1.44g (100%), Alcohol %: 0.13% (100%), Caffeine: 98.9mg (32.97%), Protein: 61.73g (123.47%), Manganese: 4.78mg (238.82%), Fiber: 42.74g (170.95%), Phosphorus: 1688.27mg (168.83%), Calcium: 1465.4mg (146.54%), Vitamin B2: 2.1mg (123.24%), Selenium: 80.86µg (115.51%), Copper: 2.27mg (113.56%), Magnesium: 425.7mg (106.43%), Vitamin B1: 1.57mg (104.83%), Iron: 17.28mg (96.01%), Vitamin C: 78.36mg (94.98%), Folate: 357µg (89.25%), Potassium: 2662.34mg (76.07%), Vitamin B3: 13.93mg (69.67%), Zinc: 9.94mg (66.27%), Vitamin B12: 2.99µg (49.87%), Vitamin B5: 4.35mg (43.46%), Vitamin K: 44.97µg (42.83%), Vitamin B6: 0.61mg (30.62%), Vitamin E: 3.07mg (20.48%), Vitamin A: 208.55IU (4.17%)