



Creamy Vanilla Frozen Yogurt



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



475 kcal

DESSERT

Ingredients

- ☐ 3 cups greek yogurt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

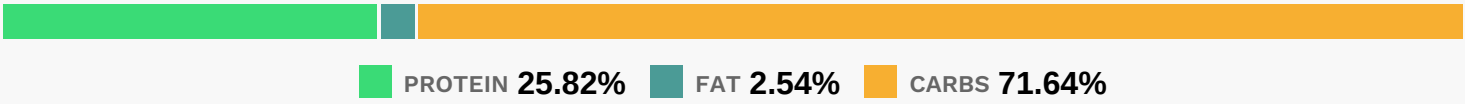
Equipment

- ☐ bowl
- ☐ ice cream machine

Directions

- ☐ Mix together the yogurt, sugar, and vanilla. Refrigerate the yogurt mixture for 45 minutes.
- ☐ Pour the yogurt mixture into the bowl of an ice cream maker and freeze according to the manufacturer's directions

Nutrition Facts



Properties

Glycemic Index:35.05, Glycemic Load:52.36, Inflammation Score:-1, Nutrition Score:11.849565192409%

Nutrients (% of daily need)

Calories: 474.63kcal (23.73%), Fat: 1.35g (2.08%), Saturated Fat: 0.32g (2.03%), Carbohydrates: 85.75g (28.58%), Net Carbohydrates: 85.75g (31.18%), Sugar: 84.79g (94.21%), Cholesterol: 15mg (5%), Sodium: 108.84mg (4.73%), Alcohol: 0.34g (100%), Alcohol %: 0.12% (100%), Protein: 30.9g (61.8%), Vitamin B2: 0.86mg (50.48%), Selenium: 30.15µg (43.07%), Phosphorus: 408.06mg (40.81%), Vitamin B12: 2.1µg (35%), Calcium: 333.86mg (33.39%), Potassium: 425.98mg (12.17%), Zinc: 1.6mg (10.66%), Vitamin B5: 0.99mg (9.93%), Vitamin B6: 0.19mg (9.61%), Magnesium: 33.12mg (8.28%), Folate: 21µg (5.25%), Vitamin B1: 0.07mg (4.41%), Vitamin B3: 0.64mg (3.19%), Copper: 0.06mg (2.85%), Manganese: 0.03mg (1.62%), Iron: 0.25mg (1.38%)