





# Dulce De Leche Swirled Amaretto Frozen Yogurt

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



26 kcal

DESSERT

## Ingredients

- 1 tub vanilla yogurt balkan style
- 2 tablespoons cup heavy whipping cream cold (keep )
- 2 tablespoons dulce de leche

## Equipment

- microwave
- ice cream machine

## Directions

- Drained the yogurt overnight
- Mix the amaretto cream into the yogurt & churn in your ice cream maker as according to the manufacturer's instruction.
- Warm the dulce de leche, or caramel in the microwave for 30 seconds. When yogurt is done churning, layer drizzles of dulce de leche into the yogurt and store in the freezer.

## Nutrition Facts

 **PROTEIN 3.43%**  **FAT 92.81%**  **CARBS 3.76%**

## Properties

Glycemic Index:10.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.31869565217391%

## Nutrients (% of daily need)

Calories: 25.71kcal (1.29%), Fat: 2.71g (4.17%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 0.25g (0.08%), Net Carbohydrates: 0.25g (0.09%), Sugar: 0.25g (0.28%), Cholesterol: 8.49mg (2.83%), Sodium: 2.19mg (0.1%), Protein: 0.23g (0.45%), Vitamin A: 110.36IU (2.21%)