



## Frozen Greek Yogurt

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



3

CALORIES



232 kcal

DESSERT

### Ingredients

- 10 mint leaves fresh chopped
- 5 tablespoons honey
- 1 tablespoon juice of lemon
- 3 cups whole-milk greek yogurt plain

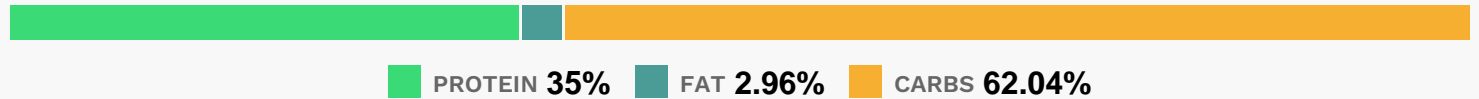
### Equipment

- bowl

## Directions

- Stir together the yogurt and lemon juice until smooth in a freezer-safe metal bowl.
- Combine the honey and mint in a small bowl.
- Pour the honey on top of the yogurt, then give the yogurt a few quick stirs so that the honey forms "ribbons" in the yogurt but is not blended in completely. Cover bowl and freeze for 1 to 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:17.42, Glycemic Load:15.04, Inflammation Score:-3, Nutrition Score:8.8665218275526%

## Flavonoids

Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 231.83kcal (11.59%), Fat: 0.78g (1.21%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 36.61g (13.31%), Sugar: 35.4g (39.33%), Cholesterol: 10mg (3.33%), Sodium: 74.48mg (3.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.85g (41.69%), Vitamin B2: 0.58mg (34.41%), Selenium: 20.08µg (28.69%), Phosphorus: 276.23mg (27.62%), Vitamin B12: 1.4µg (23.33%), Calcium: 232.5mg (23.25%), Potassium: 324.32mg (9.27%), Zinc: 1.18mg (7.84%), Vitamin B6: 0.14mg (7.15%), Vitamin B5: 0.7mg (7.04%), Magnesium: 25.67mg (6.42%), Folate: 19.5µg (4.88%), Manganese: 0.09mg (4.29%), Vitamin C: 3.17mg (3.84%), Vitamin B1: 0.05mg (3.2%), Vitamin A: 149.9IU (3%), Copper: 0.06mg (2.92%), Vitamin B3: 0.53mg (2.63%), Iron: 0.46mg (2.56%), Fiber: 0.35g (1.41%)