



Frozen Raspberry Lemon Soufflé

 Vegetarian  Gluten Free

READY IN



260 min.

SERVINGS



12

CALORIES



364 kcal

SIDE DISH

Ingredients

- 15.9 oz greek yogurt yoplait®
- 1.5 teaspoons lemon extract
- 15 raspberries fresh
- 2 quarts pineapple sherbet
- 3 tablespoons sugar
- 1.5 cups whipping cream

Equipment

- bowl

- baking sheet
- baking paper
- hand mixer
- spatula
- ice cream scoop

Directions

- Place sherbet in large bowl; let soften about 10 to 15 minutes.
- Meanwhile, in medium bowl, beat whipping cream with electric mixer on high speed until it begins to thicken. Gradually beat in sugar until stiff peaks form. Set aside.
- When sherbet has softened, beat with electric mixer on high speed until smooth.
- Add yogurt and lemon extract; beat until smooth. With rubber spatula, fold two-thirds of sweetened whipped cream into yogurt mixture until no white streaks remain. Freeze mixture while preparing soufflé dish.
- Cut sheet of cooking parchment paper or waxed paper large enough to wrap around 1 1/2-qt round soufflé dish. Wrap paper tightly around dish, creating a collar that stands about 4 inches higher than top edge of dish. Secure paper with 1 or 2 pieces of tape.
- Place dish on cookie sheet.
- Remove soufflé mixture from freezer; pour into prepared dish. (
- Mixture should be thick, pile on top of itself, and rise 2 inches above lip of dish.) Smooth top with rubber spatula. Freeze soufflé 2 to 4 hours or until solid.
- When soufflé is completely frozen, remove paper collar and discard.
- To decorating bag fitted with star tip, transfer remaining one-third of sweetened whipped cream. Pipe rosettes around top edge of soufflé. Top each rosette with 1 raspberry. Freeze soufflé until serving time, at least 2 hours.
- To serve, spoon soufflé into individual dessert bowls, or use an ice cream scoop.

Nutrition Facts



PROTEIN 7.08% FAT 34.55% CARBS 58.37%

Properties

Glycemic Index:12.26, Glycemic Load:25.54, Inflammation Score:-4, Nutrition Score:5.9843478565631%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 364.04kcal (18.2%), Fat: 14.06g (21.63%), Saturated Fat: 8.71g (54.46%), Carbohydrates: 53.45g (17.82%), Net Carbohydrates: 51.23g (18.63%), Sugar: 43.53g (48.37%), Cholesterol: 37.07mg (12.36%), Sodium: 94.16mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Vitamin B2: 0.32mg (18.59%), Calcium: 147.16mg (14.72%), Phosphorus: 132.16mg (13.22%), Vitamin A: 512.21IU (10.24%), Selenium: 7µg (10%), Fiber: 2.21g (8.85%), Vitamin B12: 0.52µg (8.59%), Zinc: 1.04mg (6.92%), Potassium: 236.48mg (6.76%), Vitamin B5: 0.56mg (5.62%), Vitamin C: 4.46mg (5.41%), Magnesium: 19.38mg (4.85%), Vitamin B1: 0.06mg (3.84%), Vitamin B6: 0.07mg (3.61%), Vitamin D: 0.48µg (3.17%), Copper: 0.06mg (2.81%), Folate: 10.65µg (2.66%), Vitamin E: 0.31mg (2.1%), Manganese: 0.04mg (1.89%), Iron: 0.3mg (1.64%), Vitamin K: 1.15µg (1.09%), Vitamin B3: 0.21mg (1.06%)