



Frozen Strawberry Yogurt

 Vegetarian  Gluten Free

READY IN



190 min.

SERVINGS



8

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup half-and-half
- 32 ounce yogurt plain
- 1 pound strawberries fresh
- 1 tablespoon vanilla extract
- 0.8 cup sugar white

Equipment

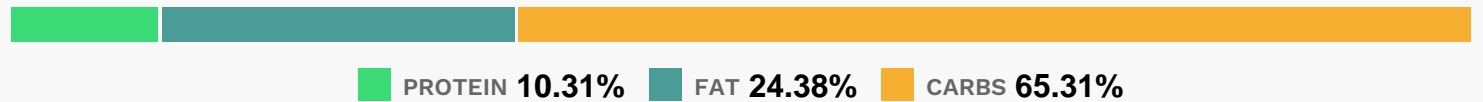
- blender
- plastic wrap

ice cream machine

Directions

- Place strawberries, sugar, vanilla extract, and half-and-half in a blender; puree until smooth.
- Add yogurt and pulse until combined.
- Pour the mixture into an ice cream maker and freeze according to manufacturer's instructions.
- Transfer half of the ice cream to a one- or two-quart lidded plastic container. Cover surface with plastic wrap and seal. For best results, ice cream should ripen in the freezer for at least 2 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:15.38, Inflammation Score:-3, Nutrition Score:6.8078260732734%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 174.09kcal (8.7%), Fat: 4.79g (7.36%), Saturated Fat: 2.92g (18.23%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 27.71g (10.08%), Sugar: 27.29g (30.32%), Cholesterol: 17.39mg (5.8%), Sodium: 57.68mg (2.51%), Alcohol: 0.56g (100%), Alcohol %: 0.36% (100%), Protein: 4.55g (9.1%), Vitamin C: 33.97mg (41.18%), Calcium: 154.74mg (15.47%), Phosphorus: 128.62mg (12.86%), Manganese: 0.23mg (11.4%), Vitamin B2: 0.19mg (11.37%),

Potassium: 275.28mg (7.87%), Vitamin B12: 0.43µg (7.23%), Magnesium: 21.93mg (5.48%), Folate: 21.77µg (5.44%), Vitamin B5: 0.53mg (5.34%), Zinc: 0.78mg (5.21%), Fiber: 1.13g (4.54%), Selenium: 3.08µg (4.39%), Vitamin B6: 0.07mg (3.36%), Vitamin B1: 0.05mg (3.26%), Vitamin A: 145.84IU (2.92%), Copper: 0.04mg (2.03%), Iron: 0.3mg (1.69%), Vitamin E: 0.25mg (1.68%), Vitamin B3: 0.32mg (1.6%), Vitamin K: 1.57µg (1.5%)