



Frozen Yogurt With Rum-Raisin Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



230 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 3 cups vanilla yogurt frozen low-fat
- ☐ 1.3 cups milk 2% low-fat
- ☐ 1 tablespoon butter
- ☐ 0.3 cup raisins
- ☐ 0.5 teaspoon rum flavoring
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a small saucepan over medium heat; cook 3 minutes or until margarine melts, stirring occasionally.
- ☐ Combine flour and milk in a small bowl; stir with a whisk.
- ☐ Add milk mixture and raisins to pan, and stir well. Cook 5 minutes or until thick, stirring constantly.
- ☐ Remove from heat; stir in rum flavoring.
- ☐ Serve over frozen yogurt.

Nutrition Facts



Properties

Glycemic Index:24.8, Glycemic Load:4.43, Inflammation Score:-3, Nutrition Score:5.5295652773069%

Nutrients (% of daily need)

Calories: 230.47kcal (11.52%), Fat: 6.44g (9.91%), Saturated Fat: 3.15g (19.68%), Carbohydrates: 39.74g (13.25%), Net Carbohydrates: 39.14g (14.23%), Sugar: 31.58g (35.09%), Cholesterol: 3.9mg (1.3%), Sodium: 109.79mg (4.77%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 4.97g (9.95%), Calcium: 178.44mg (17.84%), Phosphorus: 152.63mg (15.26%), Vitamin B2: 0.25mg (15%), Potassium: 315.8mg (9.02%), Vitamin B12: 0.51µg (8.52%), Vitamin B5: 0.67mg (6.72%), Vitamin A: 332.47IU (6.65%), Selenium: 4.24µg (6.06%), Vitamin B6: 0.11mg (5.41%), Vitamin B1: 0.08mg (5.24%), Magnesium: 20.03mg (5.01%), Vitamin D: 0.61µg (4.09%), Zinc: 0.55mg (3.64%), Iron: 0.6mg (3.33%), Copper: 0.06mg (3.15%), Manganese: 0.05mg (2.62%), Fiber: 0.6g (2.39%), Vitamin B3: 0.48mg (2.38%), Folate: 9.12µg (2.28%), Vitamin C: 1.02mg (1.23%), Vitamin E: 0.16mg (1.08%)