



Frozen Yogurt with Strawberries in Balsamic Syrup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



328 kcal

DESSERT

Ingredients

- ☐ 1 cup aged balsamic vinegar
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon peppercorns crushed
- ☐ 3 cups yogurt plain thick greek-style (or other whole-milk yogurt)
- ☐ 1 pint strawberries hulled quartered
- ☐ 1.5 cups sugar divided

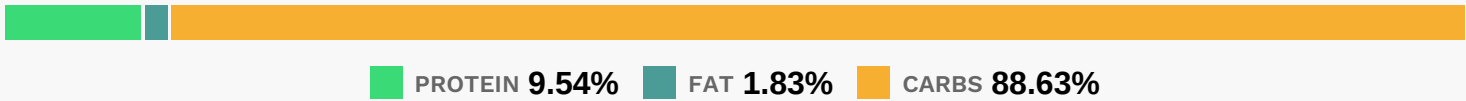
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Reduce balsamic vinegar and 1/2 cup sugar by half over medium-low heat in a nonreactive saucepan. Set aside.
- ☐ Mix yogurt, remaining 1 cup sugar, and lemon juice until sugar dissolves.
- ☐ Pour into a nonreactive bowl, and chill until cold.
- ☐ Pour into ice-cream maker, and follow manufacturer's instructions to make frozen yogurt. Freeze 30 minutes in ice-cream bowl.
- ☐ Scoop frozen yogurt into a bowl, top with berries, and drizzle with balsamic syrup. Finish with a pinch of crushed peppercorn.
- ☐ *For testing purposes, we used a peppercorn mlange (mix).

Nutrition Facts



Properties

Glycemic Index:32.02, Glycemic Load:40.52, Inflammation Score:-4, Nutrition Score:11.534782635129%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 328.47kcal (16.42%), Fat: 0.68g (1.04%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 73.74g (24.58%), Net Carbohydrates: 71.73g (26.09%), Sugar: 69.59g (77.32%), Cholesterol: 2.45mg (0.82%), Sodium: 105.75mg (4.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.88%), Vitamin C: 48.44mg (58.72%), Manganese: 0.58mg (29.05%), Calcium: 275.9mg (27.59%), Phosphorus: 222.16mg (22.22%), Vitamin B2: 0.32mg (18.64%), Potassium: 506.36mg (14.47%), Vitamin B12: 0.75µg (12.45%), Magnesium: 41.63mg (10.41%), Vitamin B5: 0.91mg (9.1%), Zinc: 1.36mg (9.06%), Folate: 34.41µg (8.6%), Fiber: 2.01g (8.03%), Selenium: 5.11µg (7.3%), Vitamin B6: 0.11mg (5.4%), Vitamin B1: 0.08mg (5.34%), Iron: 0.93mg (5.16%), Copper: 0.09mg (4.67%), Vitamin K: 4.71µg (4.48%), Vitamin B3: 0.48mg (2.39%), Vitamin E: 0.25mg (1.67%)