



Ginger-Vanilla Fro Yo with Peach Compote



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

DESSERT

Ingredients

- ☐ 2 cups greek yogurt plain
- ☐ 0.5 teaspoon cinnamon plus more for garnish
- ☐ 1 ounce candied ginger finely chopped
- ☐ 1 teaspoon ginger fresh grated
- ☐ 4 tablespoons honey
- ☐ 1.3 pounds peaches frozen thawed pitted ripe halved sliced (or 10 oz peach slices,)
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

☐ 3 cups vanilla pudding store-bought (or 6 cups, 4 ounces each)

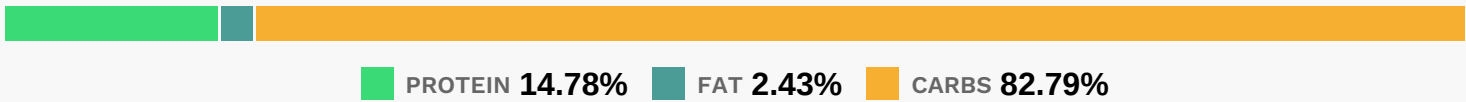
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a bowl, whisk together yogurt, pudding, crystallized ginger, honey and vanilla until smooth. Freeze until solid, 4 to 6 hours.
- ☐ Remove from freezer and defrost slightly, 15 minutes. In a medium saucepan, bring to a low boil peaches, 1 tablespoon water, sugar, fresh ginger and cinnamon; reduce heat and simmer until liquid thickens and peaches soften slightly, 4 to 5 minutes.
- ☐ Remove from heat; let cool. In a food processor, process frozen yogurt-pudding mixture until smooth. Divide fro yo and peach compote among 6 bowls; sprinkle with cinnamon.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:13.49, Inflammation Score:-3, Nutrition Score:5.2991304501243%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 205.48kcal (10.27%), Fat: 0.57g (0.88%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 43.77g (14.59%), Net Carbohydrates: 42.16g (15.33%), Sugar: 39.99g (44.43%), Cholesterol: 3.33mg (1.11%), Sodium: 107.59mg (4.68%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 7.81g (15.63%), Vitamin B2: 0.23mg (13.25%), Selenium: 8.84µg (12.63%), Phosphorus: 112.5mg (11.25%), Calcium: 81.03mg (8.1%), Vitamin B12: 0.47µg (7.78%), Fiber: 1.61g (6.43%), Potassium: 221.98mg (6.34%), Vitamin A: 311.22IU (6.22%), Manganese: 0.11mg (5.37%), Vitamin C: 3.97mg (4.81%), Copper: 0.09mg (4.73%), Vitamin E: 0.7mg (4.67%), Vitamin B3: 0.93mg (4.63%), Zinc: 0.61mg (4.06%), Magnesium: 15.5mg (3.87%), Vitamin B5: 0.38mg (3.76%), Vitamin B6: 0.07mg (3.53%), Vitamin K: 2.89µg (2.75%), Folate: 10.66µg (2.67%), Iron: 0.46mg (2.53%), Vitamin B1: 0.04mg (2.5%)