



Greek 100 Key Lime FroYo

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



118 kcal

Ingredients

- 5.3 oz greek yogurt yoplait®
- 0.3 cup berries mixed (raspberries, blueberries, strawberries)

Equipment

Directions

- Remove cover from yogurt; stir well with spoon. Recover and place in freezer, stirring every 15 minutes until consistency of soft serve ice cream, 30 to 45 minutes.
- Top with mixed berries.

Nutrition Facts

PROTEIN 53.27% FAT 6.77% CARBS 39.96%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:7.2639130146607%

Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 118kcal (5.9%), Fat: 0.89g (1.36%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 10.38g (3.77%), Sugar: 9.28g (10.31%), Cholesterol: 7.51mg (2.5%), Sodium: 54.61mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.39%), Vitamin B2: 0.44mg (25.96%), Selenium: 14.93µg (21.32%), Phosphorus: 210.03mg (21%), Vitamin B12: 1.05µg (17.53%), Calcium: 170.91mg (17.09%), Vitamin K: 8.47µg (8.07%), Potassium: 239.76mg (6.85%), Vitamin B6: 0.13mg (6.33%), Vitamin B5: 0.56mg (5.62%), Fiber: 1.39g (5.58%), Zinc: 0.83mg (5.55%), Magnesium: 19.11mg (4.78%), Manganese: 0.09mg (4.47%), Folate: 14.13µg (3.53%), Vitamin B1: 0.05mg (3.31%), Vitamin B3: 0.59mg (2.93%), Copper: 0.04mg (2.13%), Vitamin E: 0.26mg (1.75%), Vitamin C: 1.29mg (1.57%), Iron: 0.2mg (1.1%)