



Greek 100 Tropical Fruit FroYo

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



160 kcal

Ingredients

- ☐ 2 tablespoons coconut or
- ☐ 5.3 oz greek yogurt yoplait®
- ☐ 0.3 cup mangos

Equipment

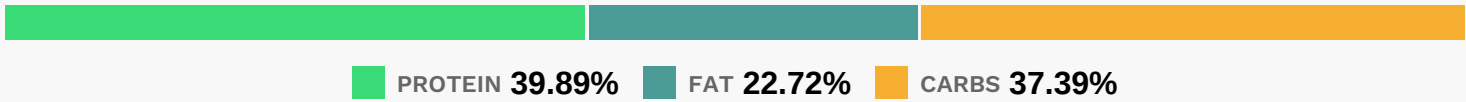
Directions

- ☐ 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 coconut and mango.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:3.88, Inflammation Score:-6, Nutrition Score:9.9430435325788%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 160.05kcal (8%), Fat: 4.11g (6.33%), Saturated Fat: 3.18g (19.89%), Carbohydrates: 15.24g (5.08%), Net Carbohydrates: 13.46g (4.89%), Sugar: 13.07g (14.52%), Cholesterol: 7.51mg (2.5%), Sodium: 56.64mg (2.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.26g (32.52%), Vitamin B2: 0.45mg (26.18%), Vitamin C: 20.35mg (24.67%), Selenium: 16.22µg (23.16%), Phosphorus: 223.34mg (22.33%), Vitamin B12: 1.05µg (17.53%), Calcium: 174.23mg (17.42%), Vitamin A: 601.11IU (12.02%), Manganese: 0.2mg (9.91%), Potassium: 339.86mg (9.71%), Folate: 36.77µg (9.19%), Vitamin B6: 0.17mg (8.35%), Fiber: 1.78g (7.12%), Copper: 0.13mg (6.5%), Zinc: 0.96mg (6.37%), Vitamin B5: 0.64mg (6.36%), Magnesium: 25.23mg (6.31%), Vitamin B3: 0.74mg (3.69%), Vitamin B1: 0.06mg (3.67%), Vitamin E: 0.53mg (3.56%), Iron: 0.44mg (2.42%), Vitamin K: 2.33µg (2.22%)