



Key Lime Frozen Yogurt

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



12

CALORIES



173 kcal

Ingredients

- 0.5 cup juice of lime
- 14 ounce condensed milk fat-free sweetened canned
- 32 ounce vanilla yogurt whole french

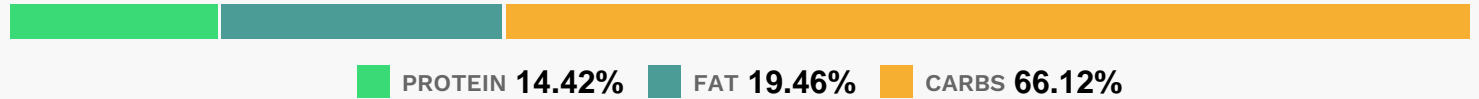
Equipment

- whisk
- mixing bowl

Directions

- Whisk together all ingredients in a large mixing bowl until well blended.
- Pour mixture into the freezer container of a 1 1/2-quart electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and times will vary.) Cover and freeze until desired firmness.
- Note: For testing purposes only, we used Stonyfield Farm Organic Whole Milk French Vanilla Yogurt and Nellie & Joe's Famous Key West Lime Juice.

Nutrition Facts



Properties

Glycemic Index:5.08, Glycemic Load:10.98, Inflammation Score:-2, Nutrition Score:5.6169565034949%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 172.95kcal (8.65%), Fat: 3.83g (5.89%), Saturated Fat: 2.43g (15.16%), Carbohydrates: 29.27g (9.76%), Net Carbohydrates: 29.23g (10.63%), Sugar: 28.6g (31.77%), Cholesterol: 15.03mg (5.01%), Sodium: 92.1mg (4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.77%), Calcium: 224.62mg (22.46%), Phosphorus: 187.15mg (18.71%), Vitamin B2: 0.29mg (17.12%), Selenium: 8.61µg (12.3%), Vitamin B12: 0.55µg (9.1%), Potassium: 300.06mg (8.57%), Vitamin B5: 0.68mg (6.78%), Zinc: 0.95mg (6.31%), Vitamin C: 4.49mg (5.44%), Magnesium: 21.5mg (5.38%), Vitamin B1: 0.06mg (4.27%), Folate: 12.96µg (3.24%), Vitamin B6: 0.05mg (2.74%), Vitamin A: 125.86IU (2.52%)