



Lemon, Honey and Thyme Frozen Yogurt



Vegetarian



Gluten Free



Popular

READY IN



60 min.

SERVINGS



2

CALORIES



653 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons thyme sprigs fresh
- ☐ 0.5 cup honey
- ☐ 0.5 juice of lemon
- ☐ 1 lemon zest
- ☐ 1 quart yogurt plain whole
- ☐ 0.3 cup granulated sugar white

Equipment

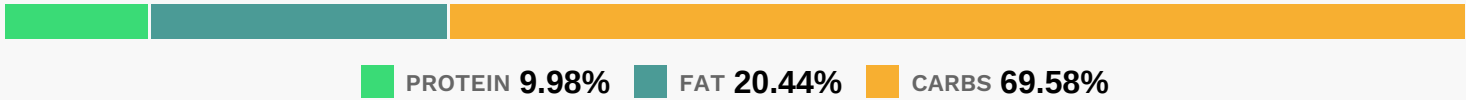
- ☐ whisk

- ☐ mixing bowl
- ☐ ice cream machine

Directions

- ☐ In a mixing bowl, whisk all the ingredients together. Adjust sugar and lemon juice to taste.
- ☐ Spin in your ice cream machine, and enjoy!

Nutrition Facts



Properties

Glycemic Index:93.18, Glycemic Load:58.39, Inflammation Score:-10, Nutrition Score:16.988260844479%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 3.17mg, Luteolin: 3.17mg, Luteolin: 3.17mg, Luteolin: 3.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 652.66kcal (32.63%), Fat: 15.6g (24%), Saturated Fat: 9.95g (62.22%), Carbohydrates: 119.49g (39.83%), Net Carbohydrates: 118g (42.91%), Sugar: 116.89g (129.88%), Cholesterol: 61.51mg (20.5%), Sodium: 222.19mg (9.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.13g (34.27%), Calcium: 610.7mg (61.07%), Phosphorus: 461.29mg (46.13%), Vitamin B2: 0.75mg (43.84%), Vitamin B12: 1.75µg (29.18%), Vitamin C: 20.77mg (25.17%), Potassium: 833.15mg (23.8%), Zinc: 3.12mg (20.79%), Vitamin B5: 1.95mg (19.46%), Magnesium: 70.58mg (17.64%), Selenium: 11.27µg (16.09%), Vitamin A: 802.96IU (16.06%), Manganese: 0.21mg (10.45%), Iron: 1.86mg (10.31%), Vitamin B6: 0.2mg (10.24%), Folate: 39.86µg (9.96%), Vitamin B1: 0.14mg (9.61%), Fiber: 1.49g (5.96%), Copper: 0.12mg (5.88%), Vitamin D: 0.47µg (3.15%), Vitamin B3: 0.6mg (3.02%), Vitamin E: 0.3mg (2.02%)