



Lemon Semifreddo



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



117 kcal

DESSERT

Ingredients

- ☐ 3 cups vanilla yogurt fat-free
- ☐ 0.5 cup juice of lemon fresh
- ☐ 2 teaspoons lemon rind fresh grated
- ☐ 0.8 cup sugar
- ☐ 8 ounce non-dairy whipped topping fat-free frozen thawed

Equipment

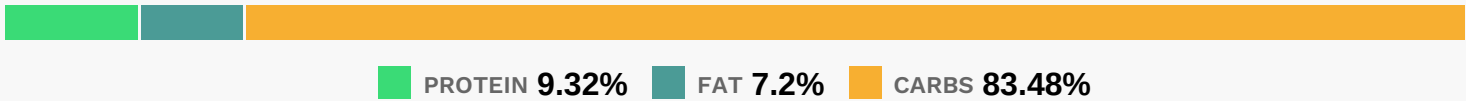
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ plastic wrap
- ☐ loaf pan
- ☐ muffin liners

Directions

- ☐ Line an 8 1/2 x 4 1/2-inch loaf pan with plastic wrap, allowing plastic wrap to extend over edges of pan; set aside.
- ☐ Combine first 4 ingredients in a large bowl; stir well. Gently fold in whipped topping. Spoon into prepared pan, and freeze at least 8 hours or until firm.
- ☐ Let stand at room temperature 10 minutes; unmold and remove plastic wrap.
- ☐ Cut into slices.
- ☐ Note: For individual servings, place 14 jumbo aluminum muffin liners on a baking sheet. Spoon 1/2 cup semifreddo mixture into each liner. Freeze 3 hours or until firm. Store in an airtight container in freezer up to 1 month.
- ☐ Semifreddo (say-mee-FRAYD-doh) is an Italian whipped cream that is served half-frozen so that it has a rich and creamy texture. It can be flavored with anything from vanilla to coffee.

Nutrition Facts



Properties

Glycemic Index:5.01, Glycemic Load:7.48, Inflammation Score:-1, Nutrition Score:2.995652180327%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 117.31kcal (5.87%), Fat: 0.97g (1.49%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 25.22g (9.17%), Sugar: 23.49g (26.1%), Cholesterol: 3.64mg (1.21%), Sodium: 42.33mg (1.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin B2: 0.2mg (11.67%), Calcium: 98.31mg (9.83%), Vitamin B12: 0.49µg (8.11%), Phosphorus: 74.22mg (7.42%), Selenium: 3.71µg (5.3%), Vitamin C: 4.11mg

(4.98%), Potassium: 128.99mg (3.69%), Vitamin B1: 0.05mg (3.15%), Zinc: 0.44mg (2.97%), Magnesium: 9.74mg (2.43%), Folate: 9.26µg (2.31%), Vitamin B6: 0.05mg (2.27%)