



Lime-Vanilla Frozen Yogurt



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1101 kcal

DESSERT

Ingredients

- ☐ 0.5 cup plus light
- ☐ 0.8 cup granulated sugar
- ☐ 6 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime zest fresh finely grated
- ☐ 64 ounce yogurt plain
- ☐ 1 vanilla pod

Equipment

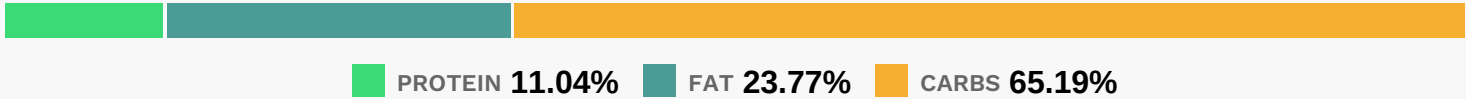
- ☐ bowl

- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ In a cheesecloth-lined large sieve or colander set over a bowl drain yogurt, covered and chilled, 12 hours. Discard liquid in bowl.
- ☐ With a knife halve vanilla bean lengthwise and scrape out seeds. In a blender purée vanilla seeds, half of drained yogurt, and remaining ingredients. In a bowl stir together vanilla mixture and remaining yogurt.
- ☐ Transfer mixture to ice-cream maker and freeze.
- ☐ Transfer frozen yogurt to an airtight container and put in freezer to harden. Frozen yogurt may be made 1 week ahead.

Nutrition Facts



Properties

Glycemic Index:70.05, Glycemic Load:72.85, Inflammation Score:-7, Nutrition Score:26.794347661993%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 4.47mg, Hesperetin: 4.47mg, Hesperetin: 4.47mg, Hesperetin: 4.47mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 1100.82kcal (55.04%), Fat: 30.3g (46.62%), Saturated Fat: 19.02g (118.87%), Carbohydrates: 186.97g (62.32%), Net Carbohydrates: 186.76g (67.91%), Sugar: 183.37g (203.75%), Cholesterol: 117.93mg (39.31%), Sodium: 471.83mg (20.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.68g (63.35%), Calcium: 1116.16mg (111.62%), Phosphorus: 868.31mg (86.83%), Vitamin B2: 1.31mg (77.02%), Vitamin B12: 3.36µg (55.94%), Potassium: 1462.16mg (41.78%), Zinc: 5.77mg (38.48%), Vitamin B5: 3.59mg (35.86%), Selenium: 21.05µg (30.08%), Magnesium: 113.37mg (28.34%), Vitamin C: 18.33mg (22.21%), Vitamin B1: 0.32mg (21.66%), Vitamin A: 921.11IU (18.42%), Folate:

68.08µg (17.02%), Vitamin B6: 0.31mg (15.39%), Vitamin D: 0.91µg (6.05%), Copper: 0.1mg (4.98%), Vitamin E: 0.65mg (4.3%), Vitamin B3: 0.75mg (3.73%), Iron: 0.54mg (2.99%), Manganese: 0.05mg (2.37%), Vitamin K: 2.09µg (1.99%)