



Peach Frozen Yogurt



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



104 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons honey
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 12 ounces peaches frozen sliced
- ☐ 4 servings salt fine
- ☐ 0.3 teaspoon vanilla extract

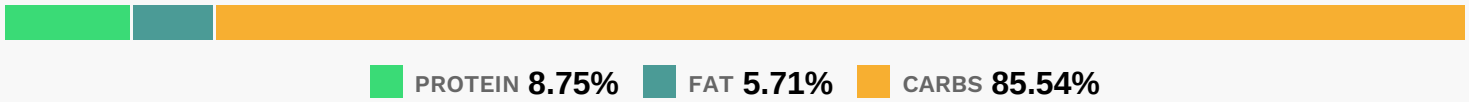
Equipment

- ☐ food processor
- ☐ spatula

Directions

- ☐ Place the peaches in a food processor fitted with a blade attachment and drizzle with the warm honey.
- ☐ Add the yogurt, vanilla, and a pinch of salt. Process until smooth, stopping and scraping down the sides of the food processor with a rubber spatula at least once, about 1 minute total.
- ☐ Serve immediately or transfer to a container with a tightfitting lid and freeze for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:9.71, Inflammation Score:-3, Nutrition Score:3.5647825883782%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 103.61kcal (5.18%), Fat: 0.7g (1.08%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 23.76g (7.92%), Net Carbohydrates: 22.45g (8.16%), Sugar: 22.25g (24.73%), Cholesterol: 1.84mg (0.61%), Sodium: 226.94mg (9.87%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 2.43g (4.86%), Phosphorus: 63.46mg (6.35%), Calcium: 60.54mg (6.05%), Vitamin A: 292.88IU (5.86%), Vitamin B2: 0.1mg (5.77%), Potassium: 184.02mg (5.26%), Fiber: 1.31g (5.23%), Vitamin C: 3.81mg (4.62%), Vitamin E: 0.63mg (4.2%), Selenium: 2.92µg (4.18%), Copper: 0.08mg (3.82%), Vitamin B3: 0.74mg (3.7%), Zinc: 0.5mg (3.36%), Manganese: 0.07mg (3.34%), Vitamin B5: 0.32mg (3.22%), Magnesium: 12.36mg (3.09%), Vitamin B12: 0.17µg (2.86%), Vitamin K: 2.61µg (2.49%), Vitamin B1: 0.03mg (2.26%), Folate: 8.79µg (2.2%), Iron: 0.38mg (2.12%), Vitamin B6: 0.04mg (2.01%)