



Peach Frozen Yogurt



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



415 kcal

DESSERT

Ingredients



2 tablespoons juice of lemon



3 cartons peach-flavor whole-milk low-fat (8 oz. each;)



1.5 cups peaches ripe peeled coarsely chopped



0.7 cup sugar



2 teaspoons vanilla

Equipment



bowl



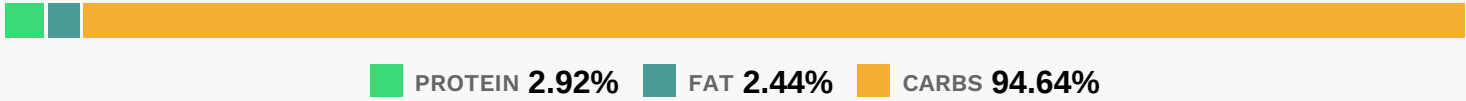
potato masher

☐ ice cream machine

Directions

- ☐ In a bowl, use a potato masher or fork to finely crush peaches with sugar.
- ☐ Add yogurt, lemon juice, and vanilla and mix well.
- ☐ Nest bowl in ice water and stir often until mixture is cold, about 5 minutes.
- ☐ Pour yogurt mixture into an ice cream maker (1-qt. or larger capacity). Freeze according to manufacturer's directions until mixture is firm enough to scoop or dasher is hard to turn or stops.
- ☐ Serve softly frozen, or freeze airtight (see below).
- ☐ To get frozen desserts hard enough to scoop onto a cone, or to store them, transfer when frozen to an airtight container and put in the freezer at least 3 hours or up to 1 week.
- ☐ If freezing with ice and salt, leave the frozen dessert in ice and salt up to 3 hours.
- ☐ For best flavor and texture, serve frozen desserts within a week. On longer standing, icy crystals develop.

Nutrition Facts



Properties

Glycemic Index:75.3, Glycemic Load:58.33, Inflammation Score:-7, Nutrition Score:9.2465216595194%

Flavonoids

Cyanidin: 6.54mg, Cyanidin: 6.54mg, Cyanidin: 6.54mg, Cyanidin: 6.54mg Catechin: 16.75mg, Catechin: 16.75mg, Catechin: 16.75mg, Catechin: 16.75mg Epigallocatechin: 3.54mg, Epigallocatechin: 3.54mg, Epigallocatechin: 3.54mg Epicatechin: 7.97mg, Epicatechin: 7.97mg, Epicatechin: 7.97mg, Epicatechin: 7.97mg Epigallocatechin 3-gallate: 1.02mg, Epigallocatechin 3-gallate: 1.02mg, Epigallocatechin 3-gallate: 1.02mg, Epigallocatechin 3-gallate: 1.02mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 414.5kcal (20.72%), Fat: 1.17g (1.8%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 102.33g (34.11%), Net Carbohydrates: 97.18g (35.34%), Sugar: 95.99g (106.65%), Cholesterol: 0mg (0%), Sodium: 45.44mg (1.98%), Alcohol: 1.38g (100%), Alcohol %: 0.41% (100%), Protein: 3.15g (6.31%), Vitamin C: 19.77mg (23.96%), Vitamin A: 1110.93IU (22.22%), Fiber: 5.15g (20.61%), Vitamin E: 2.51mg (16.72%), Vitamin B3: 2.78mg (13.88%), Copper: 0.28mg (13.78%), Potassium: 438.11mg (12.52%), Manganese: 0.22mg (11.07%), Selenium: 7.57µg (10.81%), Vitamin K: 10.22µg (9.73%), Phosphorus: 76.35mg (7.64%), Vitamin B2: 0.12mg (7.31%), Magnesium: 28.62mg (7.16%), Iron: 1.21mg (6.71%), Folate: 23.43µg (5.86%), Vitamin B1: 0.09mg (5.72%), Vitamin B5: 0.54mg (5.42%), Zinc: 0.8mg (5.34%), Vitamin B6: 0.09mg (4.65%), Calcium: 15.63mg (1.56%)