



Pineapple-Brown Sugar Frozen Yogurt



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



146 kcal

DESSERT

Ingredients

- ☐ 1.5 cups brown sugar light packed
- ☐ 4 cups vanilla yogurt low-fat
- ☐ 30.5 ounce pineapple in juice crushed undrained canned
- ☐ 2 teaspoons vanilla extract

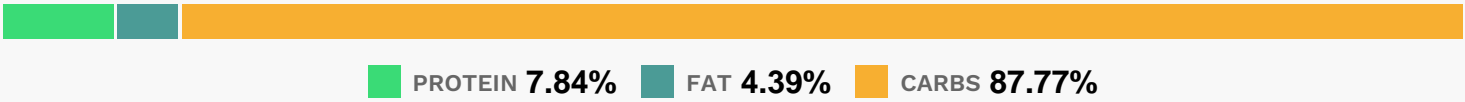
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine the sugar and pineapple in a medium saucepan over medium heat, and cook until sugar dissolves, stirring occasionally.
- ☐ Remove from heat, and cool slightly. Chill.
- ☐ Combine pineapple mixture, yogurt, and vanilla in a large bowl.
- ☐ Pour the mixture into the freezer can of an ice-cream freezer, and freeze according to manufacturer's instructions. Spoon yogurt into a freezer-safe container; cover and freeze 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.4639130500348%

Nutrients (% of daily need)

Calories: 146.05kcal (7.3%), Fat: 0.73g (1.13%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 32.4g (11.78%), Sugar: 32.2g (35.78%), Cholesterol: 2.72mg (0.91%), Sodium: 41.59mg (1.81%), Alcohol: 0.15g (100%), Alcohol %: 0.16% (100%), Protein: 2.95g (5.9%), Calcium: 116.05mg (11.61%), Phosphorus: 77.62mg (7.76%), Vitamin B2: 0.12mg (7.06%), Vitamin C: 4.95mg (6%), Potassium: 203.84mg (5.82%), Vitamin B12: 0.29µg (4.81%), Vitamin B1: 0.07mg (4.79%), Magnesium: 17.62mg (4.4%), Selenium: 3.08µg (4.4%), Vitamin B6: 0.07mg (3.41%), Zinc: 0.51mg (3.37%), Copper: 0.07mg (3.37%), Vitamin B5: 0.32mg (3.25%), Fiber: 0.62g (2.5%), Folate: 8.57µg (2.14%), Iron: 0.3mg (1.69%), Vitamin B3: 0.22mg (1.08%)