



## Pumpkin Frozen Yogurt

 Vegetarian  Gluten Free

READY IN



630 min.

SERVINGS



4

CALORIES



553 kcal

DESSERT

### Ingredients

- 3 tablespoons brandy
- 1 teaspoon pumpkin pie spice
- 1 cup pumpkin puree
- 1.1 cups sugar raw
- 0.1 teaspoon sea salt
- 2 cups milk yogurt plain whole
- 1 teaspoon vanilla extract
- 1 cup whipping cream

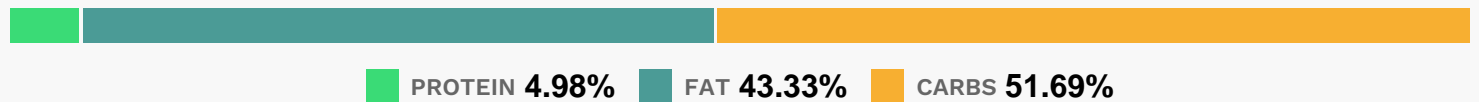
## Equipment

- whisk
- mixing bowl
- ice cream machine

## Directions

- Combine the yogurt, cream, sugar, pumpkin puree, brandy, vanilla extract, pumpkin pie spice, and salt in a mixing bowl.
- Whisk together until the sugar and salt have completely dissolved. Cover, and refrigerate overnight.
- Pour the chilled mixture into an ice cream maker and freeze according to manufacturer's directions until it reaches "soft-serve" consistency, about 20 minutes.
- Transfer ice cream to a one- or two-quart lidded container. For best results, ice cream should ripen in the freezer for at least 2 hours or overnight.

## Nutrition Facts



## Properties

Glycemic Index:8.5, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:12.423913038295%

## Nutrients (% of daily need)

Calories: 552.86kcal (27.64%), Fat: 25.7g (39.53%), Saturated Fat: 16.37g (102.34%), Carbohydrates: 68.96g (22.99%), Net Carbohydrates: 67.11g (24.4%), Sugar: 65.43g (72.7%), Cholesterol: 83.16mg (27.72%), Sodium: 150.3mg (6.53%), Alcohol: 4.1g (100%), Alcohol %: 1.66% (100%), Protein: 6.64g (13.29%), Vitamin A: 10529.57IU (210.59%), Calcium: 213.74mg (21.37%), Vitamin B2: 0.32mg (18.88%), Phosphorus: 173.99mg (17.4%), Vitamin K: 12.09µg (11.52%), Potassium: 393.92mg (11.25%), Manganese: 0.21mg (10.32%), Vitamin B12: 0.55µg (9.14%), Vitamin B5: 0.87mg (8.74%), Magnesium: 34.88mg (8.72%), Vitamin E: 1.28mg (8.53%), Fiber: 1.85g (7.4%), Vitamin D: 1.07µg (7.16%), Iron: 1.29mg (7.14%), Selenium: 4.77µg (6.82%), Zinc: 1mg (6.69%), Vitamin B6: 0.1mg (4.83%), Copper: 0.09mg (4.69%), Folate: 18.42µg (4.61%), Vitamin C: 3.66mg (4.44%), Vitamin B1: 0.06mg (4.24%), Vitamin B3: 0.37mg (1.86%)