



Raspberry Frozen Yogurt



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



178 kcal

DESSERT

Ingredients

- ☐ 2 cups vanilla yogurt low-fat
- ☐ 10 ounce raspberries in syrup light frozen thawed
- ☐ 0.3 cup sugar
- ☐ 0.5 cup milk whole

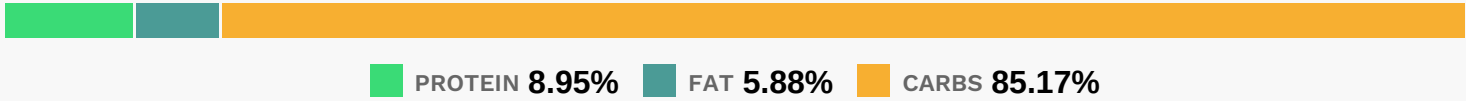
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Combine first 3 ingredients in a large bowl; stir until sugar dissolves.
- ☐ Place thawed raspberries in a blender; process until smooth. Strain puree through a fine sieve over a bowl. Discard seeds.
- ☐ Add puree to yogurt mixture.
- ☐ Pour raspberry mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon into a freezer-safe container; cover and freeze 1 hour or until firm.
- ☐ Garnish with fresh raspberries, if desired.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:4.63, Inflammation Score:-1, Nutrition Score:3.0352174377312%

Nutrients (% of daily need)

Calories: 178.12kcal (8.91%), Fat: 1.27g (1.96%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 41.55g (13.85%), Net Carbohydrates: 41.55g (15.11%), Sugar: 36.52g (40.57%), Cholesterol: 4.89mg (1.63%), Sodium: 71.44mg (3.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.73%), Calcium: 147.18mg (14.72%), Phosphorus: 98.09mg (9.81%), Vitamin B2: 0.15mg (8.55%), Vitamin B12: 0.41µg (6.78%), Selenium: 3.33µg (4.76%), Potassium: 157.14mg (4.49%), Vitamin B5: 0.4mg (3.95%), Zinc: 0.57mg (3.81%), Magnesium: 11.63mg (2.91%), Vitamin B1: 0.03mg (2.28%), Vitamin B6: 0.04mg (1.84%), Folate: 6.74µg (1.68%), Vitamin D: 0.17µg (1.12%), Vitamin A: 51.04IU (1.02%)