



WHATSheATE



Raspberry Swirl Frozen Yogurt



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



139 kcal

DESSERT

Ingredients

- ☐ 4 cups greek yogurt plain whole 2% reduced-fat ()
- ☐ 1 cup raspberries frozen thawed
- ☐ 1 cup sugar divided
- ☐ 2 tablespoons vodka

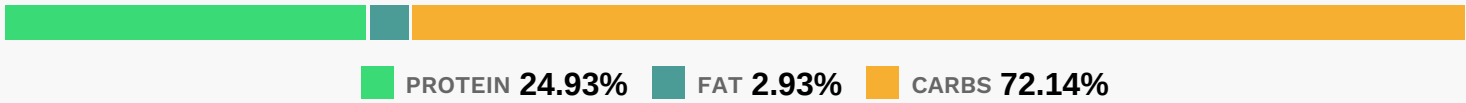
Equipment

- ☐ bowl
- ☐ loaf pan

Directions

- ☐ In a large bowl, stir together yogurt, 3/4 cup sugar, and vodka until sugar dissolves.
- ☐ Pour into the freezer can of an ice-cream maker; freeze according to manufacturer's instructions.
- ☐ In a medium bowl, mash together raspberries and remaining 1/4 cup sugar. Swirl mixture into frozen yogurt; spoon yogurt into a metal loaf pan. Cover and freeze for 1 hour, or until firm. To serve, leave yogurt at room temperature to soften slightly before scooping.

Nutrition Facts



Properties

Glycemic Index:11.11, Glycemic Load:14.13, Inflammation Score:-1, Nutrition Score:3.942608670696%

Flavonoids

Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 138.97kcal (6.95%), Fat: 0.44g (0.67%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 24.26g (8.09%), Net Carbohydrates: 23.48g (8.54%), Sugar: 23.11g (25.67%), Cholesterol: 4mg (1.33%), Sodium: 29.15mg (1.27%), Alcohol: 1g (100%), Alcohol %: 1.1% (100%), Protein: 8.38g (16.77%), Vitamin B2: 0.23mg (13.73%), Selenium: 8.06µg (11.52%), Phosphorus: 112.43mg (11.24%), Vitamin B12: 0.56µg (9.33%), Calcium: 92mg (9.2%), Manganese: 0.09mg (4.42%), Vitamin C: 3.14mg (3.81%), Potassium: 131.35mg (3.75%), Zinc: 0.48mg (3.18%), Fiber: 0.78g (3.12%), Vitamin B5: 0.3mg (3.04%), Vitamin B6: 0.06mg (2.89%), Magnesium: 11.44mg (2.86%), Folate: 8.12µg (2.03%), Vitamin B1: 0.02mg (1.44%), Copper: 0.03mg (1.31%), Vitamin B3: 0.24mg (1.2%)