



Rhubarb Frozen Greek Yogurt



Vegetarian



Gluten Free

READY IN



240 min.

SERVINGS



2

CALORIES



909 kcal

DESSERT

Ingredients

- ☐ 1.5 cups greek yogurt
- ☐ 1 pound rhubarb cut into 1/2-inch slices
- ☐ 2 cups sugar divided

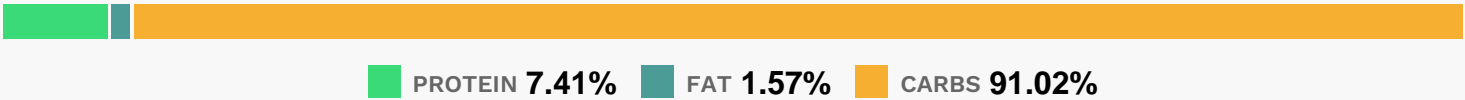
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ ice cream machine

Directions

- ☐ Add rhubarb to a medium saucepan and add 1/2 cup water. Cover and cook, stirring occasionally, over low heat until rhubarb is completely broken down and reduced to a thick paste, about 45 minutes.
- ☐ Add 1 cup of sugar, cook, stirring frequently until the sugar has dissolved, and remove from the heat. Chill in the refrigerator until cool.
- ☐ In a mixing bowl, whisk 1 1/2 cups Greek yogurt, the rhubarb paste (you should have about 1 cup) and the second cup of sugar until fully incorporated. Spin the mixture in your ice cream machine according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:41.55, Glycemic Load:140.43, Inflammation Score:-3, Nutrition Score:15.259130363879%

Flavonoids

Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epicatechin 3-gallate: 1.36mg, Epicatechin 3-gallate: 1.36mg, Epicatechin 3-gallate: 1.36mg, Epicatechin 3-gallate: 1.36mg

Nutrients (% of daily need)

Calories: 909.13kcal (45.46%), Fat: 1.65g (2.54%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 214.96g (71.65%), Net Carbohydrates: 210.87g (76.68%), Sugar: 207g (230%), Cholesterol: 7.5mg (2.5%), Sodium: 65.07mg (2.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.49g (34.98%), Vitamin K: 66.45µg (63.29%), Calcium: 363.54mg (36.35%), Vitamin B2: 0.53mg (31.03%), Selenium: 18.54µg (26.49%), Potassium: 868.67mg (24.82%), Phosphorus: 235.75mg (23.58%), Manganese: 0.47mg (23.3%), Vitamin C: 18.14mg (21.99%), Vitamin B12: 1.05µg (17.5%), Fiber: 4.08g (16.33%), Magnesium: 43.72mg (10.93%), Vitamin B6: 0.15mg (7.52%), Zinc: 1.04mg (6.95%), Vitamin B5: 0.69mg (6.89%), Folate: 26.38µg (6.59%), Vitamin B1: 0.08mg (5.22%), Vitamin B3: 1mg (4.98%), Vitamin A: 237.33IU (4.75%), Copper: 0.09mg (4.36%), Vitamin E: 0.63mg (4.18%), Iron: 0.7mg (3.91%)