



Rum-Mango Frozen Yogurt

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



238 kcal

DESSERT

Ingredients

- 0.3 cup rum light
- 2 cups mangos cubed
- 1 quart vanilla nonfat yogurt frozen softened
- 0.3 cup sugar

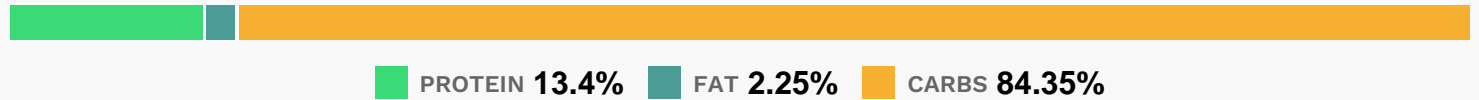
Equipment

- food processor
- bowl
- knife

Directions

- Combine first 3 ingredients; stir well. Cover and chill 2 hours.
- Position knife blade in food processor bowl; add mango mixture. Process until smooth, scraping sides of processor bowl once. Stir in yogurt. Spoon into a 6-cup mold coated with cooking spray. Cover; freeze until firm. Unmold onto a serving plate.

Nutrition Facts



Properties

Glycemic Index:22.81, Glycemic Load:9.63, Inflammation Score:-6, Nutrition Score:8.6656521817912%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 238.02kcal (11.9%), Fat: 0.55g (0.85%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 46.52g (15.51%), Net Carbohydrates: 45.64g (16.6%), Sugar: 45.82g (50.91%), Cholesterol: 3.15mg (1.05%), Sodium: 92.21mg (4.01%), Alcohol: 3.34g (100%), Alcohol %: 1.83% (100%), Protein: 7.39g (14.78%), Vitamin C: 21.12mg (25.6%), Calcium: 245.88mg (24.59%), Phosphorus: 195.79mg (19.58%), Vitamin B2: 0.31mg (18.05%), Selenium: 9.84µg (14.06%), Vitamin B12: 0.74µg (12.36%), Vitamin A: 614.03IU (12.28%), Potassium: 398.75mg (11.39%), Folate: 37.85µg (9.46%), Zinc: 1.22mg (8.14%), Magnesium: 29.16mg (7.29%), Vitamin B6: 0.13mg (6.43%), Vitamin B1: 0.08mg (5.27%), Manganese: 0.09mg (4.6%), Copper: 0.08mg (4.05%), Vitamin E: 0.59mg (3.93%), Vitamin K: 4.05µg (3.85%), Fiber: 0.88g (3.52%), Vitamin B3: 0.53mg (2.63%), Iron: 0.21mg (1.15%), Vitamin B5: 0.11mg (1.08%)