



Seven-Minute Frozen Cherry Yogurt

 Vegetarian  Gluten Free

READY IN



7 min.

SERVINGS



7

CALORIES



108 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon almond extract
- 16 ounce cherries dark sweet frozen pitted
- 1 cup vanilla yogurt low-fat
- 0.3 cup sugar

Equipment

- food processor
- bowl
- knife

Directions

- Position knife blade in food processor bowl; add half of frozen cherries. Process until fruit is chopped.
- Remove chopped cherries. Repeat procedure with remaining half of cherries; scrape sides of processor bowl. Return chopped cherries to processor bowl.
- Add sugar, yogurt, and almond extract; process until smooth.
- Serve immediately.

Nutrition Facts

PROTEIN 8.48% **FAT 4.73%** **CARBS 86.79%**

Properties

Glycemic Index:13.16, Glycemic Load:8.63, Inflammation Score:-2, Nutrition Score:2.8691304727741%

Flavonoids

Cyanidin: 19.58mg, Cyanidin: 19.58mg, Cyanidin: 19.58mg, Cyanidin: 19.58mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 0.97mg, Peonidin: 0.97mg, Peonidin: 0.97mg, Peonidin: 0.97mg Catechin: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 3.24mg, Epicatechin: 3.24mg, Epicatechin: 3.24mg, Epicatechin: 3.24mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 107.65kcal (5.38%), Fat: 0.6g (0.92%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 24.7g (8.23%), Net Carbohydrates: 23.34g (8.49%), Sugar: 22.65g (25.16%), Cholesterol: 1.75mg (0.58%), Sodium: 23.21mg (1.01%), Alcohol: 0.05g (100%), Alcohol %: 0.06% (100%), Protein: 2.41g (4.82%), Calcium: 68.38mg (6.84%), Potassium: 220.91mg (6.31%), Phosphorus: 60.87mg (6.09%), Vitamin C: 4.82mg (5.84%), Vitamin B2: 0.09mg (5.51%), Fiber: 1.36g (5.44%), Vitamin B5: 0.32mg (3.22%), Magnesium: 12.74mg (3.19%), Vitamin B12: 0.19µg (3.09%), Selenium: 1.77µg (2.53%), Vitamin B6: 0.05mg (2.38%), Manganese: 0.05mg (2.37%), Zinc: 0.34mg (2.25%), Copper: 0.04mg (2.21%), Vitamin B1: 0.03mg (2.15%), Folate: 6.44µg (1.61%), Iron: 0.26mg (1.46%), Vitamin K: 1.4µg (1.33%), Vitamin A: 56.52IU (1.13%)