



WHATSheATE



Seven-Minute Frozen Peach Yogurt



Vegetarian



Gluten Free

READY IN



7 min.

SERVINGS



7

CALORIES



94 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 cup vanilla yogurt low-fat
- ☐ 16 ounce peaches unsweetened frozen sliced
- ☐ 0.3 cup sugar

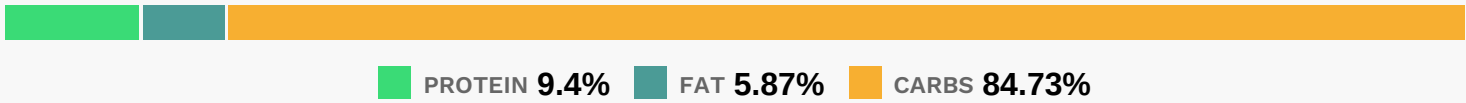
Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife

Directions

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

Nutrition Facts



Properties

Glycemic Index:15.76, Glycemic Load:8.89, Inflammation Score:-2, Nutrition Score:3.0478261035422%

Flavonoids

Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 94.04kcal (4.7%), Fat: 0.64g (0.99%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 19.91g (7.24%), Sugar: 19.79g (21.99%), Cholesterol: 1.75mg (0.58%), Sodium: 31.63mg (1.38%), Alcohol: 0.05g (100%), Alcohol %: 0.06% (100%), Protein: 2.32g (4.63%), Calcium: 62.55mg (6.26%), Phosphorus: 61.51mg (6.15%), Vitamin B2: 0.09mg (5.43%), Vitamin A: 226.29IU (4.53%), Selenium: 3.13µg (4.48%), Potassium: 156.11mg (4.46%), Fiber: 0.97g (3.89%), Vitamin C: 2.94mg (3.56%), Vitamin E: 0.48mg (3.2%), Vitamin B12: 0.19µg (3.09%), Zinc: 0.44mg (2.94%), Vitamin B5: 0.29mg (2.92%), Vitamin B3: 0.56mg (2.8%), Copper: 0.06mg (2.79%), Magnesium: 10.8mg (2.7%), Manganese: 0.04mg (2.08%), Vitamin B1: 0.03mg (2.02%), Folate: 7.74µg (1.93%), Vitamin K: 1.98µg (1.88%), Vitamin B6: 0.03mg (1.6%), Iron: 0.25mg (1.39%)