



Strawberry-Basil Frozen Yogurt



Vegetarian



Gluten Free

READY IN



110 min.

SERVINGS



20

CALORIES



90 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 teaspoon lime zest
- ☐ 1 cup greek yogurt plain
- ☐ 2 cups strawberries fresh sliced
- ☐ 1 cup sugar
- ☐ 1 cup whipping cream

Equipment

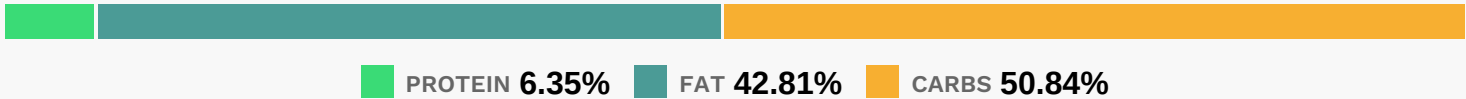
- ☐ food processor

- ☐ bowl
- ☐ whisk

Directions

- ☐ Stir together strawberries and sugar in a medium bowl.
- ☐ Let stand 30 minutes, stirring occasionally. Pulse strawberry mixture, basil, and lime zest in a food processor 9 to 10 times or until berries are finely chopped (almost pureed), stopping to scrape down sides as needed.
- ☐ Whisk together yogurt and cream in a medium bowl until smooth; stir strawberry mixture into yogurt mixture until well blended. Cover and chill 1 hour.
- ☐ Pour strawberry mixture into freezer container of a 1 1/2-qt. electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and times may vary.)

Nutrition Facts



Properties

Glycemic Index:10.6, Glycemic Load:7.31, Inflammation Score:-2, Nutrition Score:1.8047826264216%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 89.74kcal (4.49%), Fat: 4.41g (6.78%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 11.49g (4.18%), Sugar: 11.36g (12.62%), Cholesterol: 13.95mg (4.65%), Sodium: 7.07mg (0.31%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin C: 8.6mg (10.43%), Vitamin A: 187.66IU (3.75%), Vitamin B2: 0.06mg (3.28%), Manganese: 0.06mg (2.97%), Phosphorus: 24.09mg (2.41%), Calcium: 21.75mg (2.17%), Selenium: 1.47µg (2.09%), Vitamin B12: 0.09µg (1.48%), Vitamin K: 1.53µg (1.46%), Potassium: 48.33mg (1.38%), Vitamin D: 0.19µg (1.27%), Folate: 4.78µg (1.19%), Fiber: 0.29g (1.18%), Vitamin E: 0.15mg (1.03%)