



Strawberry Frozen Yogurt

 Vegetarian  Gluten Free

READY IN



1770 min.

SERVINGS



2

CALORIES



466 kcal

DESSERT

Ingredients

- 1 teaspoon juice of lemon
- 1 teaspoon lemon zest
- 1 tablespoon rum
- 1 cup whole-milk greek yogurt plain
- 4 cups strawberries hulled chopped
- 0.8 cup sugar
- 1 vanilla pod halved lengthwise

Equipment

- food processor
- bowl
- plastic wrap
- ice cream machine

Directions

- A full 24 hours before you make your frozen yogurt, place your ice cream maker insert into the freezer.
- Add strawberries, sugar, lemon zest, lemon juice, and rum to a bowl and toss. Cover with plastic wrap and let the strawberries macerate at room temperature for 1 hour.
- Add the strawberries with their juices to a food processor. Pulse the berries, and then add the vanilla beans seeds and yogurt. Continue to blend until smooth.
- Place in the refrigerator to chill for 1 hour.
- Turn your ice cream machine on and pour in the chilled yogurt mixture. Churn until the mixture looks slushy like soft serve, about 12 to 15 minutes.
- Place in the freezer for several hours until hard enough to scoop.

Nutrition Facts



■ PROTEIN **10.4%**
■ FAT **3.55%**
■ CARBS **86.05%**

Properties

Glycemic Index:62.55, Glycemic Load:58.9, Inflammation Score:-7, Nutrition Score:16.427826166153%

Flavonoids

Cyanidin: 4.84mg, Cyanidin: 4.84mg, Cyanidin: 4.84mg, Cyanidin: 4.84mg Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 71.57mg, Pelargonidin: 71.57mg, Pelargonidin: 71.57mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 8.96mg, Catechin: 8.96mg, Catechin: 8.96mg, Catechin: 8.96mg Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin:

0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 466.13kcal (23.31%), Fat: 1.86g (2.86%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 101.42g (33.81%), Net Carbohydrates: 95.54g (34.74%), Sugar: 92.31g (102.56%), Cholesterol: 5mg (1.67%), Sodium: 39.79mg (1.73%), Alcohol: 2.51g (100%), Alcohol %: 0.67% (100%), Protein: 12.25g (24.51%), Vitamin C: 171.6mg (208%), Manganese: 1.13mg (56.27%), Fiber: 5.87g (23.49%), Vitamin B2: 0.36mg (21.18%), Phosphorus: 205.74mg (20.57%), Folate: 76.75µg (19.19%), Potassium: 587.47mg (16.78%), Selenium: 11.51µg (16.44%), Calcium: 159.32mg (15.93%), Magnesium: 48.74mg (12.19%), Vitamin B12: 0.7µg (11.67%), Vitamin B6: 0.2mg (10.12%), Copper: 0.16mg (8.17%), Iron: 1.3mg (7.23%), Vitamin B5: 0.7mg (6.97%), Vitamin B3: 1.33mg (6.65%), Zinc: 0.95mg (6.32%), Vitamin B1: 0.09mg (6.18%), Vitamin K: 6.34µg (6.03%), Vitamin E: 0.85mg (5.68%)