



## Strawberry Frozen Yogurt



Vegetarian



Gluten Free



Popular

READY IN



115 min.

SERVINGS



2

CALORIES



238 kcal

### Ingredients

- ☐ 3 cups de-stemmed strawberries fresh sliced
- ☐ 3 Tbsp juice of lemon
- ☐ 0.7 cup sugar sweet (depending on how you want the result, and how your strawberries are to begin with)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup milk whole
- ☐ 1.5 cups full fat yogurt (if use low or non fat, then add 2 Tbsp cream)

### Equipment

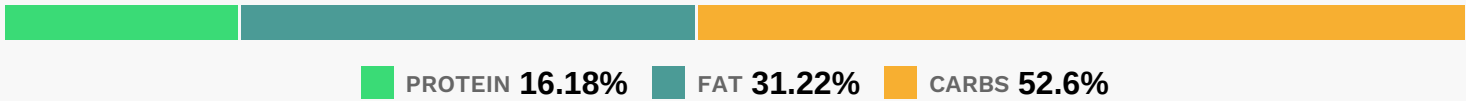
- ☐ sauce pan

- ☐ potato masher
- ☐ ice cream machine

## Directions

- ☐ Place the strawberries, lemon juice, salt, and sugar in a medium saucepan.
- ☐ Heat on medium heat, stirring, until the sugar has completely dissolved.
- ☐ Use a potato masher to mash up the strawberries as the mixture is heating.
- ☐ As soon as all of the sugar has completely dissolved, remove from heat and let sit for 10 minutes.
- ☐ Stir in milk, yogurt, then chill: Stir in the milk and yogurt, until completely incorporated.
- ☐ Place the mixture in the refrigerator, and chill for at least an hour, preferably several hours, until completely cold, before proceeding.
- ☐ Process in ice cream maker: Process the mixture in your ice cream maker 20 to 25 minutes. Eat immediately or keep in freezer until served.

## Nutrition Facts



## Properties

Glycemic Index:68.5, Glycemic Load:8.71, Inflammation Score:-8, Nutrition Score:19.012173901434%

## Flavonoids

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0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 238.12kcal (11.91%), Fat: 8.77g (13.49%), Saturated Fat: 5.03g (31.47%), Carbohydrates: 33.24g (11.08%), Net Carbohydrates: 27.89g (10.14%), Sugar: 24.97g (27.75%), Cholesterol: 31.21mg (10.4%), Sodium: 401.26mg (17.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.22g (20.45%), Vitamin C: 164.86mg (199.83%), Manganese: 1.03mg (51.61%), Calcium: 341.14mg (34.11%), Phosphorus: 301.33mg (30.13%), Vitamin B2: 0.41mg (23.92%), Potassium: 803.47mg (22.96%), Fiber: 5.35g (21.39%), Folate: 80.72µg (20.18%), Vitamin B12: 1.01µg (16.82%), Magnesium: 65.05mg (16.26%), Vitamin B5: 1.3mg (13.02%), Vitamin B6: 0.23mg (11.52%), Zinc: 1.72mg (11.44%), Vitamin B1: 0.16mg (10.41%), Selenium: 6.28µg (8.97%), Copper: 0.15mg (7.38%), Iron: 1.19mg (6.64%), Vitamin A: 313.76IU (6.28%), Vitamin E: 0.94mg (6.27%), Vitamin B3: 1.24mg (6.21%), Vitamin K: 6.36µg (6.06%), Vitamin D: 0.85µg (5.7%)