



Sweet and Tangy Frozen Yogurt Sundae



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



594 kcal

DESSERT

Ingredients

- ☐ 1 pound cherries frozen
- ☐ 1 pint yogurt frozen store-bought
- ☐ 0.5 cup ginger peeled thinly sliced
- ☐ 1 juice of lemon juiced
- ☐ 0.3 teaspoon lemon zest
- ☐ 0.5 cup sugar
- ☐ 1.5 cups sugar
- ☐ 1 cup water

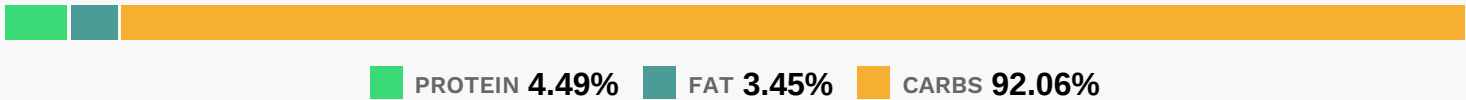
Equipment

- ☐ sauce pan
- ☐ baking paper

Directions

- ☐ In a medium saucepan over medium heat add the cherries, sugar and lemon juice.
- ☐ Cook until reduced and the liquid is slightly syrupy, about for 8 to 10 minutes. Stir in the lemon zest and remove from the heat. Scoop the frozen yogurt into 4 serving dishes and top with the syrup.
- ☐ Garnish with candied ginger and serve.
- ☐ Line a cookie tray with parchment paper.
- ☐ Combine 1 cup of water and 1 cup of sugar in a medium saucepan over medium heat. Bring to a boil and add the ginger. Cook for about 5 minutes, then remove the ginger to the cookie tray. While hot, add 1/4 cup of the sugar and toss together. Separate the ginger slices and sprinkle with the remaining 1/4 cup sugar. Cool before using.

Nutrition Facts



Properties

Glycemic Index:44.3, Glycemic Load:73.56, Inflammation Score:-2, Nutrition Score:4.7665218063023%

Flavonoids

Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

0.06mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 594.32kcal (29.72%), Fat: 2.39g (3.68%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 143.62g (47.87%), Net Carbohydrates: 140.61g (51.13%), Sugar: 137.26g (152.51%), Cholesterol: 5.91mg (1.97%), Sodium: 76.58mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Calcium: 209.32mg (20.93%), Potassium: 581.18mg (16.61%), Vitamin C: 12.31mg (14.92%), Fiber: 3.01g (12.05%), Copper: 0.11mg (5.65%), Manganese: 0.11mg (5.59%), Magnesium: 18.69mg (4.67%), Iron: 0.75mg (4.17%), Vitamin B6: 0.08mg (3.92%), Vitamin B2: 0.06mg (3.63%), Phosphorus: 28.51mg (2.85%), Vitamin B5: 0.26mg (2.6%), Vitamin B1: 0.04mg (2.37%), Vitamin K: 2.39µg (2.28%), Folate: 7.37µg (1.84%), Vitamin A: 73.09IU (1.46%), Vitamin B3: 0.27mg (1.36%)