

Tangy Frozen Greek Yogurt

 Vegetarian  Gluten Free

READY IN



240 min.

SERVINGS



2

CALORIES



825 kcal

DESSERT

Ingredients

- ☐ 1 cup buttermilk well-shaken
- ☐ 0.5 cup plus light
- ☐ 5 teaspoon juice of lemon fresh
- ☐ 0.1 teaspoon salt
- ☐ 2 cups greek yogurt plain greek-style
- ☐ 1 cup sugar
- ☐ 0.3 cup water

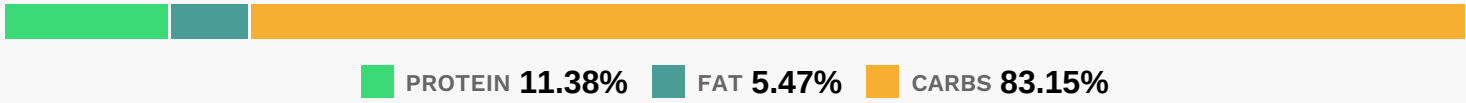
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ ice cream machine

Directions

- ☐ Warm sugar, corn syrup, water, and salt in a small saucepan over low heat, stirring, until sugar has dissolved.
- ☐ Transfer to a large bowl and cool to room temperature, stirring occasionally.
- ☐ Whisk in yogurt, buttermilk, and lemon juice and chill until very cold, 3 to 6 hours.
- ☐ Freeze yogurt in ice cream maker.
- ☐ Transfer to an airtight container and put in freezer to firm up.
- ☐ Frozen yogurt keeps 1 week.

Nutrition Facts



Properties

Glycemic Index:60.05, Glycemic Load:84.07, Inflammation Score:-2, Nutrition Score:12.703913079656%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 825.41kcal (41.27%), Fat: 5.23g (8.05%), Saturated Fat: 2.5g (15.63%), Carbohydrates: 179.07g (59.69%), Net Carbohydrates: 179.03g (65.1%), Sugar: 177.98g (197.76%), Cholesterol: 23.2mg (7.73%), Sodium: 398.8mg (17.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.5g (48.99%), Vitamin B2: 0.79mg (46.43%), Phosphorus: 375mg (37.5%), Calcium: 373.81mg (37.38%), Selenium: 25.45µg (36.36%), Vitamin B12: 1.95µg (32.53%), Potassium: 459.76mg (13.14%), Zinc: 1.91mg (12.74%), Vitamin B5: 1.13mg (11.34%), Vitamin D: 1.56µg (10.4%), Vitamin B1: 0.15mg (10.25%), Magnesium: 35.9mg (8.98%), Vitamin B6: 0.18mg (8.85%), Vitamin C: 4.84mg (5.86%), Folate: 22.5µg (5.63%), Vitamin A: 206.75IU (4.14%), Copper: 0.08mg (3.89%), Vitamin B3: 0.54mg (2.71%), Manganese: 0.03mg (1.43%), Iron: 0.24mg (1.32%)