



Tangy Lemon Frozen Yogurt

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



494 kcal

DESSERT

Ingredients

- 0.3 teaspoon citric acid to taste
- 1 tablespoon agave nectar
- 60 ml juice of lemon freshly squeezed
- 1 lemon zest organic grated
- 1 pinch salt
- 720 g yogurt plain greek-style
- 130 g sugar

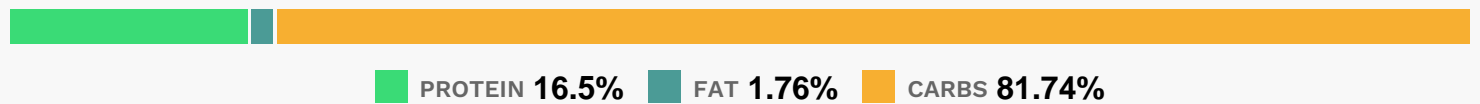
Equipment

- bowl
- blender
- ice cream machine

Directions

- In a blender, process the yogurt, lemon zest and juice, sugar, agave nectar or honey, citric acid, and the salt until smooth.
- Pour the mixture in a medium bowl. Taste and add a little more citric acid to adjust the tanginess to your liking. Cover and refrigerate until thoroughly chilled.
- Freeze in an ice cream machine according to the manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:42.55, Glycemic Load:46.58, Inflammation Score:-4, Nutrition Score:17.745652170285%

Flavonoids

Eriodictyol: 1.51mg, Eriodictyol: 1.51mg, Eriodictyol: 1.51mg, Eriodictyol: 1.51mg Hesperetin: 4.48mg, Hesperetin: 4.48mg, Hesperetin: 4.48mg, Hesperetin: 4.48mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 494.49kcal (24.72%), Fat: 0.99g (1.52%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 103.02g (34.34%), Net Carbohydrates: 102.59g (37.31%), Sugar: 100.56g (111.74%), Cholesterol: 7.2mg (2.4%), Sodium: 298.14mg (12.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.79g (41.58%), Calcium: 723.04mg (72.3%), Phosphorus: 568.14mg (56.81%), Vitamin B2: 0.88mg (51.71%), Vitamin B12: 2.2µg (36.6%), Potassium: 956.39mg (27.33%), Vitamin C: 20.87mg (25.3%), Vitamin B5: 2.36mg (23.58%), Zinc: 3.52mg (23.48%), Selenium: 13.58µg (19.4%), Magnesium: 70.81mg (17.7%), Folate: 52.93µg (13.23%), Vitamin B1: 0.19mg (12.99%), Vitamin B6: 0.23mg (11.74%), Copper: 0.07mg (3.36%), Vitamin K: 3.08µg (2.94%), Vitamin B3: 0.56mg (2.79%), Iron: 0.41mg (2.3%), Fiber: 0.43g (1.73%), Manganese: 0.02mg (1.24%), Vitamin E: 0.16mg (1.05%)