



The Easiest Frozen Yogurt with a Blackberry Swirl

 Vegetarian  Gluten Free

READY IN



405 min.

SERVINGS



6

CALORIES



253 kcal

DESSERT

Ingredients

- ☐ 12 ounces blackberries fresh rinsed plus more for serving
- ☐ 1.3 cups granulated sugar
- ☐ 1 cup nonfat greek yogurt plain
- ☐ 2 cups yogurt plain
- ☐ 1 vanilla pod split

Equipment

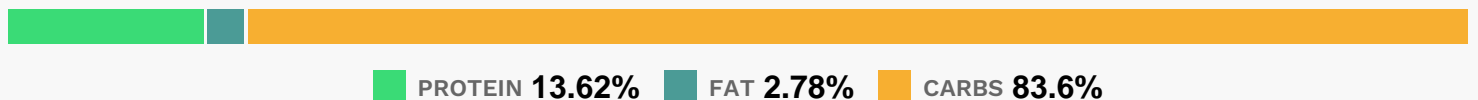
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ potato masher
- ☐ spatula
- ☐ ice cream machine

Directions

- ☐ Place the blackberries, vanilla pod, and 1/2 cup of the sugar in a medium saucepan over medium-low heat. Cook, stirring occasionally, until the sugar dissolves and the berries start to exude their juices, about 7 minutes.
- ☐ Remove the pan from the heat, then crush the berries gently with a potato masher, keeping some of them intact.
- ☐ Transfer the mixture to a medium heatproof bowl, cover, and place in the refrigerator until completely chilled, about 2 hours. Meanwhile, whisk the reserved vanilla seeds, remaining 3/4 cup sugar, and both yogurts together in a medium bowl. Cover and refrigerate until the berry mixture is ready.
- ☐ Remove and discard the vanilla pod from the berry mixture. Strain the mixture through a fine-mesh strainer set over a medium bowl. Reserve the juices for another use (or for drizzling on the frozen yogurt when serving). Set the strained berries aside. Freeze the yogurt mixture in an ice cream maker according to the manufacturer's instructions. While the yogurt is still in the frozen base of the ice cream maker, fold in the strained berries with a rubber spatula, being careful not to overmix.
- ☐ Serve immediately for a soft yogurt, or transfer to an airtight container and freeze until solid. (Allow the frozen yogurt to sit at room temperature for 15 minutes before serving if frozen solid.) Spoon into a small dish and top with fresh blackberries and the reserved blackberry juices, if desired.

Nutrition Facts



Properties

Glycemic Index:15.85, Glycemic Load:29.7, Inflammation Score:-4, Nutrition Score:8.8504347490228%

Flavonoids

Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 252.82kcal (12.64%), Fat: 0.81g (1.24%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 54.64g (18.21%), Net Carbohydrates: 51.64g (18.78%), Sugar: 51.71g (57.46%), Cholesterol: 3.3mg (1.1%), Sodium: 75.87mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.8%), Calcium: 216.38mg (21.64%), Manganese: 0.38mg (18.75%), Phosphorus: 186.02mg (18.6%), Vitamin B2: 0.31mg (18.08%), Vitamin C: 12.64mg (15.32%), Vitamin B12: 0.73µg (12.19%), Fiber: 3.01g (12.02%), Vitamin K: 11.39µg (10.85%), Potassium: 347.94mg (9.94%), Selenium: 6.72µg (9.6%), Zinc: 1.27mg (8.49%), Vitamin B5: 0.79mg (7.9%), Magnesium: 30.52mg (7.63%), Folate: 26.31µg (6.58%), Copper: 0.11mg (5.72%), Vitamin E: 0.67mg (4.44%), Vitamin B6: 0.08mg (4.08%), Vitamin B1: 0.06mg (3.86%), Vitamin B3: 0.54mg (2.69%), Iron: 0.47mg (2.61%), Vitamin A: 128.39IU (2.57%)