



Vanilla Frozen Yogurt

 Vegetarian  Gluten Free

READY IN



305 min.

SERVINGS



3

CALORIES



297 kcal

DESSERT

Ingredients

- 3 cups nonfat greek yogurt
- 1 teaspoon vanilla extract
- 0.7 cup sugar white

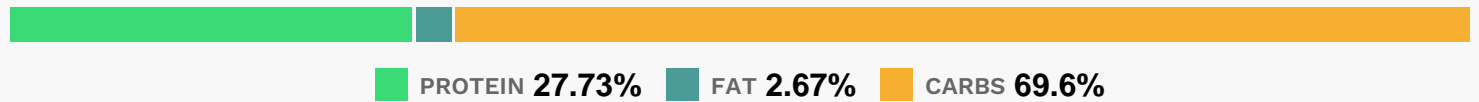
Equipment

- plastic wrap
- ice cream machine

Directions

- Stir the yogurt, sugar, and vanilla extract together until the sugar has dissolved. Cover. Refrigerate 1 hour.
- Pour the chilled mixture into an ice cream maker and freeze according to manufacturer's directions until it reaches "soft-serve" consistency.
- Transfer to a one- or two-quart plastic container with a lid; cover surface with plastic wrap and seal. For best results, frozen yogurt should ripen in the freezer for at least 2 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:31.03, Inflammation Score:-1, Nutrition Score:7.9021739532118%

Nutrients (% of daily need)

Calories: 296.95kcal (14.85%), Fat: 0.88g (1.36%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 51.72g (17.24%), Net Carbohydrates: 51.72g (18.81%), Sugar: 51.06g (56.74%), Cholesterol: 10mg (3.33%), Sodium: 72.56mg (3.15%), Alcohol: 0.46g (100%), Alcohol %: 0.24% (100%), Protein: 20.6g (41.2%), Vitamin B2: 0.57mg (33.63%), Selenium: 20.07µg (28.67%), Phosphorus: 272.08mg (27.21%), Vitamin B12: 1.4µg (23.33%), Calcium: 222.59mg (22.26%), Potassium: 284.86mg (8.14%), Zinc: 1.07mg (7.11%), Vitamin B5: 0.66mg (6.62%), Vitamin B6: 0.13mg (6.42%), Magnesium: 22.16mg (5.54%), Folate: 14µg (3.5%), Vitamin B1: 0.04mg (2.94%), Vitamin B3: 0.43mg (2.14%), Copper: 0.04mg (1.9%), Manganese: 0.02mg (1.14%)