



Very Berry Frozen Yogurt



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



106 kcal

DESSERT

Ingredients



2 cups strawberries fresh



0.3 cup sugar



2 lb strawberry yogurt fat free 99% yoplait® (4 cups)

Equipment

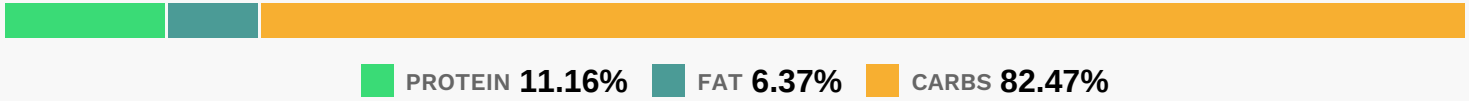


bowl

Directions

- ☐
- In large bowl, mash strawberries with sugar. Stir in yogurt.
- ☐
- Pour strawberry mixture into 2-quart ice-cream freezer. Freeze according to manufacturer's directions. Scoop into serving dishes or ice-cream cones.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:4.42, Inflammation Score:-1, Nutrition Score:2.9104348207298%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 106.18kcal (5.31%), Fat: 0.77g (1.18%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 21.71g (7.9%), Sugar: 19.72g (21.91%), Cholesterol: 6.8mg (2.27%), Sodium: 41.87mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.07%), Vitamin C: 14.11mg (17.11%), Calcium: 85.54mg (8.55%), Vitamin B2: 0.14mg (8.38%), Vitamin B12: 0.39µg (6.55%), Phosphorus: 64.73mg (6.47%), Potassium: 170.64mg (4.88%), Manganese: 0.09mg (4.64%), Fiber: 0.71g (2.83%), Folate: 5.76µg (1.44%), Iron: 0.2mg (1.11%)