



Warm Raspberry Sundae Floats

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



373 kcal

Ingredients

- ☐ 1 cup nonfat milk
- ☐ 2 cups nonfat vanilla yogurt frozen
- ☐ 1 cup raspberries rinsed drained
- ☐ 3 tablespoons raspberry syrup (or other berry)
- ☐ 2 tablespoons flan mix powder (see notes)

Equipment

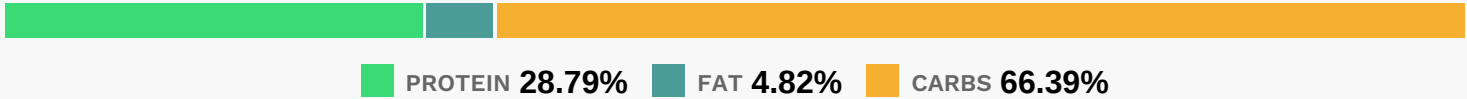
- ☐ bowl
- ☐ oven
- ☐ blender

- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Divide raspberries between 2 deep bowls (2 1/2- to 3-cup size).
- ☐ Add 1 tablespoon raspberry syrup to each and slightly mash fruit. Scoop equal portions of frozen yogurt onto berries.
- ☐ Pour milk into a Froth Au Lait container and turn motor on. When the froth has formed and the container feels warm to touch, open hatch in lid and pour flan mix powder and remaining 1 tablespoon raspberry syrup into milk. When mixture is well blended or motor turns off, quickly pour and scrape the hot foamy liquid equally over berries and frozen yogurt.
- ☐ If you don't have a Froth Au Lait, use a blender (foam will be thinner): First pour milk into a glass measuring cup and heat in a microwave oven on full power (100%) until steaming, about 2 minutes.
- ☐ Pour into blender and add flan mix powder and remaining 1 tablespoon raspberry syrup; cover and whirl on high speed until frothy, about 10 seconds.
- ☐ Pour into bowls.

Nutrition Facts



Properties

Glycemic Index:54.63, Glycemic Load:3.48, Inflammation Score:-6, Nutrition Score:18.905217440232%

Flavonoids

Cyanidin: 37.61mg, Cyanidin: 37.61mg, Cyanidin: 37.61mg, Cyanidin: 37.61mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.81mg, Pelargonidin: 0.81mg, Pelargonidin: 0.81mg, Pelargonidin: 0.81mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 2.89mg, Epicatechin: 2.89mg, Epicatechin: 2.89mg, Epicatechin: 2.89mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 373.13kcal (18.66%), Fat: 2.06g (3.16%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 63.72g (21.24%), Net Carbohydrates: 58.38g (21.23%), Sugar: 57.3g (63.67%), Cholesterol: 31.91mg (10.64%), Sodium: 214.15mg (9.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.63g (55.27%), Calcium: 600.38mg (60.04%), Phosphorus: 486.59mg (48.66%), Vitamin B2: 0.63mg (37.22%), Manganese: 0.64mg (32%), Vitamin B12: 1.86µg (31.03%), Vitamin C: 23.25mg (28.18%), Selenium: 17.31µg (24.73%), Potassium: 845.97mg (24.17%), Fiber: 5.34g (21.37%), Magnesium: 76.53mg (19.13%), Zinc: 2.71mg (18.06%), Vitamin B1: 0.19mg (12.86%), Vitamin B6: 0.21mg (10.71%), Folate: 41.76µg (10.44%), Iron: 1.67mg (9.29%), Vitamin D: 1.35µg (8.98%), Vitamin K: 9.11µg (8.67%), Vitamin B5: 0.71mg (7.08%), Vitamin A: 343.75IU (6.88%), Vitamin E: 0.86mg (5.75%), Copper: 0.1mg (5.17%), Vitamin B3: 0.88mg (4.4%)