



Yogurt Almond Ice Cream

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



176 kcal

DESSERT

Ingredients

- 0.3 cup almonds chopped
- 1 tablespoon canola oil
- 0.3 cup honey
- 2 cups nonfat yogurt plain
- 1 cup vanilla soy milk

Equipment

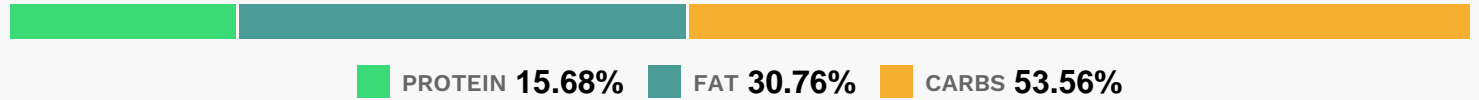
- bowl
- whisk

ice cream machine

Directions

- In a medium bowl, whisk together the yogurt, soy milk, honey and canola oil.
- Pour into an ice cream maker, and freeze according to the manufacturer's instructions.
- Scoop ice cream into serving bowls, and garnish with chopped almonds.

Nutrition Facts



Properties

Glycemic Index:15.95, Glycemic Load:8.55, Inflammation Score:-3, Nutrition Score:8.3113043826559%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 175.81kcal (8.79%), Fat: 6.24g (9.59%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 23.49g (8.54%), Sugar: 22.99g (25.54%), Cholesterol: 1.63mg (0.54%), Sodium: 83.36mg (3.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.31%), Calcium: 234.74mg (23.47%), Vitamin B2: 0.34mg (20.26%), Vitamin E: 2.92mg (19.5%), Phosphorus: 157.63mg (15.76%), Vitamin B12: 0.92µg (15.38%), Potassium: 317.18mg (9.06%), Vitamin B3: 1.63mg (8.17%), Magnesium: 31.98mg (8%), Manganese: 0.16mg (7.76%), Zinc: 1.11mg (7.43%), Vitamin B6: 0.15mg (7.38%), Copper: 0.13mg (6.44%), Folate: 25.39µg (6.35%), Selenium: 4.24µg (6.06%), Vitamin B5: 0.56mg (5.64%), Vitamin B1: 0.08mg (5.05%), Vitamin C: 3.66mg (4.44%), Fiber: 0.94g (3.76%), Vitamin A: 160.36IU (3.21%), Vitamin D: 0.47µg (3.15%), Iron: 0.57mg (3.15%), Vitamin K: 1.83µg (1.74%)