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Irish Cream Frozen Yogurt

Irish Cream Frozen Yogurt is a delicious frozen treat that combines the flavors of Irish cream liqueur and creamy yogurt. It is a refreshing and indulgent dessert that can be enjoyed all year round. The frozen yogurt is made by combining Irish cream liqueur with yogurt and freezing it until it reaches a creamy consistency. It can be served in bowls or cones and is perfect for parties, special occasions, or simply as a sweet treat.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

400 g	Greek yogurt
100 ml	irish cream liqueur
50 g	Sugar
1 tsp	Vanilla Extract

Directions

Step 1

Mixing

In a mixing bowl, combine the Greek yogurt, Irish cream liqueur, sugar, and vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Whipping

Whisk the mixture until the sugar is dissolved and the ingredients are well combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Ice cream maker

Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Freezing

Transfer the frozen yogurt to a container and freeze for at least 4 hours or until firm.

Prep Time: 0 mins

Cook Time: 127 mins

Step 5

Serving

Serve the Irish Cream Frozen Yogurt in bowls or cones and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 2 g

Protein: 8 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	1 g	2.63%	4%
Sugars	18 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	2 g	7.14%	8%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	10 mg	1%	1%
Iron	2 mg	25%	11.11%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas

Easter

Barbecue

Cuisines

Italian

French

Course

Desserts

Drinks

Salads

Snacks

Sauces & Dressings

Demographics

Lactation Friendly

Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Gluten-Free Diet

Low Sodium Diet

Nutrient Timing Diet

The 80/10/10 Diet

The F-Plan Diet

The Peanut Butter Diet

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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