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Dark Chocolate Frozen Yogurt (Ghirardelli) ••

Dark Chocolate Frozen Yogurt is a delicious and refreshing dessert made with Ghirardelli dark chocolate. It is a vegan recipe that combines the creaminess of frozen yogurt with the rich flavor of dark chocolate. This frozen treat is perfect for hot summer days or as a guilt-free indulgence any time of the year.

Recipe Type: Vegan

Prep Time: 20 mins

Cook Time: N/A

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

2 c	coconut milk yogurt
150 g	dark chocolate (ghirardelli)
4 tbsp	Maple syrup
1 tsp	Vanilla Extract

Directions

Step 1

Microwaving

Melt the dark chocolate in a microwave-safe bowl.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blending

In a blender, combine the melted chocolate, coconut milk yogurt, maple syrup, and vanilla extract. Blend until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

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

Prep Time: 10 mins

Cook Time: 0 mins

Step 4

Freezing

Transfer the frozen yogurt to a container and freeze for at least 2 hours to firm up.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Serving

Serve the Dark Chocolate Frozen Yogurt in bowls or cones. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 20 g

Protein: 2 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
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	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	20 mg	0.87%	0.87%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	120 mg	3.53%	4.62%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer

Events

Thanksgiving

Picnic

Course

Desserts

Sauces & Dressings

Cultural

Chinese New Year

Christmas

Demographics

Teen Friendly

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Traditional Chinese Medicine (TCM) Diet

Low Sodium Diet

The 80/10/10 Diet

The Peanut Butter Diet

The Bulletproof Diet

The Optavia Diet

Meal Type

Brunch

Snack

Difficulty Level

Medium

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