



Healthdor

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## Chocolate Hazelnut Frozen Yogurt

A creamy and delicious frozen yogurt made with chocolate and hazelnut flavors. Perfect for a refreshing dessert.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	Greek yogurt
30 g	cocoa powder
50 g	hazelnut spread
50 g	Honey
1 tsp	vanilla extract
30 g	chopped hazelnuts

# Directions

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## Step 1

### Mixing

In a large bowl, combine the Greek yogurt, cocoa powder, hazelnut spread, honey, and vanilla extract. Mix well until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Freezing

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

Once the frozen yogurt reaches the desired consistency, transfer it to a container and sprinkle with chopped hazelnuts.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 150 kcal

Fat: 6 g

Protein: 8 g

Carbohydrates: 18 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	18 g	32.73%	36%
Fibers	3 g	7.89%	12%
Sugars	13 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 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	0 mcg	0%	0%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer

### Events

Christmas

Thanksgiving

Picnic

### Course

Desserts

Soups

Snacks

### Cultural

Chinese New Year

Christmas

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

### Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

The Whole30 Diet

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Medium

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