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## Soft Serve Non Fat Yogurt - Cup & Mango Swirl

This recipe is a delicious and refreshing soft serve non-fat yogurt served in a cup with a swirl of mango flavor. It is a perfect treat for hot summer days or anytime you crave a creamy and fruity dessert. The yogurt is made with non-fat milk and yogurt culture, and the mango swirl is made with fresh mango puree. The combination of the tangy yogurt and sweet mango creates a delightful flavor that is sure to satisfy your taste buds.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

<b>150 g</b>	non-fat milk
<b>5 g</b>	yogurt culture
<b>50 g</b>	Mango Puree

# Directions

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## Step 1

### Blending

In a blender, combine the non-fat milk and yogurt culture. Blend until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Pour the yogurt 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

### Mixing

In a separate bowl, mix the mango puree with a small amount of the churned yogurt to create a swirl.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

## Serving

Scoop the soft serve non-fat yogurt into cups and swirl in the mango mixture.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 80 kcal

**Fat:** 0 g

**Protein:** 6 g

**Carbohydrates:** 15 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	1 g	2.63%	4%
Sugars	14 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	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	200 mg	20%	20%
Iron	0 mg	0%	0%
Potassium	250 mg	7.35%	9.62%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Picnic

### Course

Salads Desserts Drinks Sauces & Dressings

### Cultural

Chinese New Year Diwali Oktoberfest Passover Easter

## Cost

Under \$10

\$40 to \$50

## Demographics

Senior Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

## Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

## Meal Type

Brunch

Snack

Supper

## Difficulty Level

Easy

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