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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

150 g	non-fat milk
5 g	yogurt culture
50 g	Mango Puree

Directions

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

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

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

Step 4



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

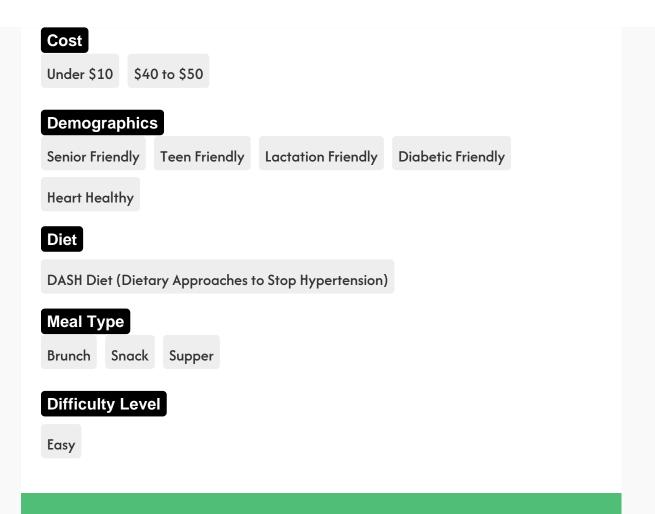
Picnic

Course

Salads Desserts Drinks Sauces & Dressings

Cultural

Chinese New Year Diwali Oktoberfest Passover Easter



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