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Raspberry Cheese Louise Frozen Yogurt

A delicious frozen yogurt recipe made with raspberries and cream cheese. Perfect for a hot summer day.

Recipe Type: Standard

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

300 g	Raspberries
200 g	cream cheese
200 g	greek yogurt
50 g	Honey
1 tsp	vanilla extract

Directions

Step 1

Blending

In a blender, combine raspberries, cream cheese, Greek yogurt, honey, and vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

Blend until smooth and creamy.

Prep Time: 0 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: 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 Raspberry Cheese Louise Frozen Yogurt and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	10 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	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	25 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	80 mg	3.48%	3.48%
Calcium	8 mg	0.8%	0.8%
Iron	4 mg	50%	22.22%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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