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## Phish Food Frozen Yogurt <sup>••</sup>

Phish Food Frozen Yogurt is a delicious frozen dessert inspired by the popular Ben & Jerry's ice cream flavor. It combines creamy frozen yogurt with swirls of chocolate fudge, marshmallow, and chocolate fish-shaped chunks. This vegetarian recipe is perfect for dessert lovers who want a lighter, healthier alternative to traditional ice cream.

**Recipe Type:** Vegetarian

**Prep Time:** 30 mins

**Cook Time:** N/A

**Total Time:** 30 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 10

**Serving Size:** 100 g

### Ingredients

800 g	Greek yogurt
150 g	chocolate fudge sauce
150 g	marshmallow cream
100 g	chocolate fish-shaped chunks

# Directions

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## Step 1

Mixing

In a large mixing bowl, combine the Greek yogurt, chocolate fudge sauce, and marshmallow cream.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 2

Mixing

Gently fold in the chocolate fish-shaped chunks.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Ice cream maker

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

**Prep Time:** 15 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 120 kcal

Fat: 4 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	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	4 g	14.29%	16%
Cholesterol	10 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	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	8 mg	0.8%	0.8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### 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

### Cuisines

Italian Chinese

### Meal Type

Lunch Snack Supper

### Difficulty Level

Medium

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