



Asian Yogurt Dessert



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



107 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 oz so delicious dairy free vanilla greek cultured almond milk (Yogurt)
- ☐ 1.5 teaspoons marmalade jam
- ☐ 0.3 teaspoon soya sauce gluten-free for (can substitute wheat-free tamari)

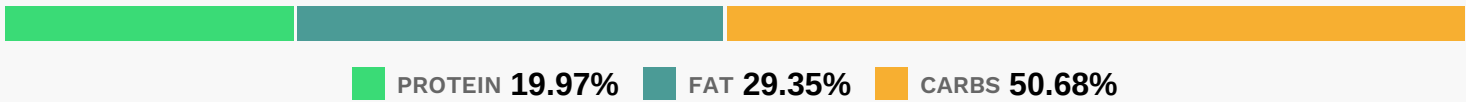
Equipment

- ☐ bowl

Directions

- ☐
- Make sauce. In a small bowl, mix together marmalade jam and soy sauce.
- ☐
- Put the cultured almond milk into a serving bowl.
- ☐
- Pour the sauce and sprinkle sesame seeds on top.

Nutrition Facts



Properties

Glycemic Index:103.42, Glycemic Load:5.66, Inflammation Score:-5, Nutrition Score:10.997391255653%

Nutrients (% of daily need)

Calories: 106.63kcal (5.33%), Fat: 3.39g (5.22%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 12.38g (4.5%), Sugar: 9.42g (10.47%), Cholesterol: 0mg (0%), Sodium: 172.2mg (7.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Vitamin B12: 1.84µg (30.62%), Vitamin E: 4.3mg (28.66%), Vitamin B3: 5.66mg (28.31%), Calcium: 240.54mg (24.05%), Vitamin B2: 0.35mg (20.51%), Vitamin B6: 0.4mg (20.07%), Vitamin C: 13.17mg (15.96%), Folate: 55.86µg (13.96%), Vitamin D: 2.04µg (13.61%), Vitamin A: 668.48IU (13.37%), Copper: 0.22mg (11.09%), Vitamin B1: 0.11mg (7.2%), Potassium: 251.1mg (7.17%), Selenium: 4.13µg (5.91%), Iron: 0.92mg (5.11%), Fiber: 0.81g (3.23%), Zinc: 0.42mg (2.81%)