



Balsamic Berries



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon almonds chopped
- ☐ 0.3 cup balsamic vinegar
- ☐ 1.5 cups vanilla yogurt frozen
- ☐ 2 pints raspberries fresh

Equipment

Directions

- ☐
- Combine 2 pints fresh raspberries with 1/4 cup balsamic vinegar; toss to coat.
- ☐
- Let stand for at least 30 minutes. Spoon 1 cup marinated raspberries over 1 1/2 cups frozen vanilla yogurt, and sprinkle with 1 teaspoon chopped almonds.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:4.69, Inflammation Score:-7, Nutrition Score:18.042173795078%

Flavonoids

Cyanidin: 108.31mg, Cyanidin: 108.31mg, Cyanidin: 108.31mg, Cyanidin: 108.31mg Petunidin: 0.73mg, Petunidin: 0.73mg, Petunidin: 0.73mg, Petunidin: 0.73mg Delphinidin: 3.12mg, Delphinidin: 3.12mg, Delphinidin: 3.12mg, Delphinidin: 3.12mg Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg Pelargonidin: 2.32mg, Pelargonidin: 2.32mg, Pelargonidin: 2.32mg, Pelargonidin: 2.32mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 8.33mg, Epicatechin: 8.33mg, Epicatechin: 8.33mg, Epicatechin: 8.33mg Epigallocatechin 3-gallate: 1.28mg, Epigallocatechin 3-gallate: 1.28mg, Epigallocatechin 3-gallate: 1.28mg, Epigallocatechin 3-gallate: 1.28mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 228.7kcal (11.44%), Fat: 5.06g (7.79%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 44.15g (14.72%), Net Carbohydrates: 28.65g (10.42%), Sugar: 25.84g (28.71%), Cholesterol: 1.08mg (0.36%), Sodium: 53.02mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Manganese: 1.64mg (81.77%), Vitamin C: 62.42mg (75.66%), Fiber: 15.5g (62.01%), Vitamin K: 18.62µg (17.73%), Magnesium: 64.22mg (16.06%), Vitamin E: 2.37mg (15.82%), Phosphorus: 146.11mg (14.61%), Calcium: 143.36mg (14.34%), Potassium: 496.37mg (14.18%), Folate: 53.36µg (13.34%), Vitamin B2: 0.22mg (13.07%), Copper: 0.25mg (12.45%), Vitamin B5: 1.13mg (11.31%), Iron: 1.95mg (10.81%), Vitamin B6: 0.17mg (8.73%), Zinc: 1.26mg (8.43%), Vitamin B3: 1.61mg (8.03%), Vitamin B1: 0.1mg (6.52%), Vitamin A: 192.56IU (3.85%), Selenium: 2.3µg (3.28%), Vitamin B12: 0.16µg (2.61%)