



## Berries and Cream

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

### Ingredients

- 2 cups blueberries fresh
- 1.5 tablespoons honey
- 0.5 cup vanilla yogurt low-fat
- 2 cups strawberry halves fresh

### Equipment

### Directions

- Combine 2 cups each fresh blueberries and fresh strawberry halves; spoon evenly into 4 dessert dishes.
- Combine 1/2 cup vanilla low-fat yogurt and 1 1/2 tablespoons honey; spoon evenly over fruit mixture.

## Nutrition Facts

■ PROTEIN **8.15%**
■ FAT **6.03%**
■ CARBS **85.82%**

### Properties

Glycemic Index:33.07, Glycemic Load:8.6, Inflammation Score:-5, Nutrition Score:8.2413044390471%

### Flavonoids

Cyanidin: 7.47mg, Cyanidin: 7.47mg, Cyanidin: 7.47mg, Cyanidin: 7.47mg Petunidin: 23.41mg, Petunidin: 23.41mg, Petunidin: 23.41mg, Petunidin: 23.41mg Delphinidin: 26.44mg, Delphinidin: 26.44mg, Delphinidin: 26.44mg, Delphinidin: 26.44mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 15.05mg, Peonidin: 15.05mg, Peonidin: 15.05mg, Peonidin: 15.05mg Catechin: 6.15mg, Catechin: 6.15mg, Catechin: 6.15mg, Catechin: 6.15mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

### Nutrients (% of daily need)

Calories: 115.19kcal (5.76%), Fat: 0.84g (1.3%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 23.74g (8.63%), Sugar: 21.58g (23.98%), Cholesterol: 1.53mg (0.51%), Sodium: 21.99mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.13%), Vitamin C: 49.8mg (60.36%), Manganese: 0.53mg (26.7%), Vitamin K: 15.9µg (15.14%), Fiber: 3.23g (12.93%), Calcium: 68.8mg (6.88%), Potassium: 238.3mg (6.81%), Phosphorus: 67.82mg (6.78%), Vitamin B2: 0.11mg (6.51%), Folate: 25.25µg (6.31%), Magnesium: 18.86mg (4.71%), Vitamin B6: 0.09mg (4.4%), Vitamin E: 0.64mg (4.24%), Copper: 0.08mg (4.18%), Vitamin B1: 0.06mg (3.83%), Vitamin B5: 0.36mg (3.56%), Zinc: 0.49mg (3.27%), Vitamin B3: 0.63mg (3.15%), Iron: 0.56mg (3.09%), Selenium: 1.93µg (2.75%), Vitamin B12: 0.16µg (2.71%), Vitamin A: 61.77IU (1.24%)