



Blackberry honey creams



Vegetarian



Gluten Free



Popular

READY IN



5 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

Ingredients

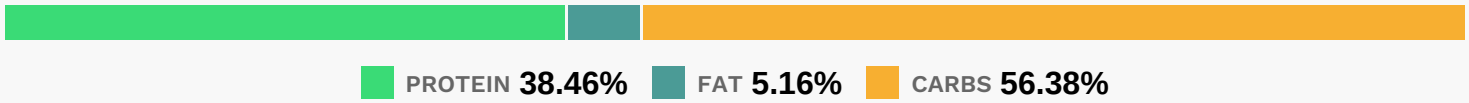
- ☐ 500 g greek yogurt
- ☐ 2 tbsp runny honey
- ☐ 300 g blackberries
- ☐ 1 blackberries well (see 'Goes with' below, or 225g bottle fruit coulis (widely available))

Equipment

Directions

- ☐
- Beat the yogurt with honey to taste. Divide half the berries between 4 glasses, drizzle with some coulis and spoon over yogurt. Top with the remaining berries and some coulis.
- ☐
- Serve immediately with the rest of the coulis.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:5.33, Inflammation Score:-5, Nutrition Score:10.136521712593%

Flavonoids

Cyanidin: 75.46mg, Cyanidin: 75.46mg, Cyanidin: 75.46mg, Cyanidin: 75.46mg Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 27.98mg, Catechin: 27.98mg, Catechin: 27.98mg, Catechin: 27.98mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 140.63kcal (7.03%), Fat: 0.83g (1.28%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 16.43g (5.98%), Sugar: 16.39g (18.21%), Cholesterol: 6.25mg (2.08%), Sodium: 46.17mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.91%), Manganese: 0.51mg (25.37%), Vitamin B2: 0.37mg (22.05%), Vitamin C: 15.91mg (19.28%), Phosphorus: 187.03mg (18.7%), Selenium: 12.76µg (18.23%), Calcium: 161.27mg (16.13%), Fiber: 4.02g (16.09%), Vitamin B12: 0.88µg (14.58%), Vitamin K: 14.95µg (14.24%), Potassium: 304.02mg (8.69%), Copper: 0.15mg (7.48%), Magnesium: 29.06mg (7.26%), Zinc: 1.09mg (7.24%), Folate: 27.83µg (6.96%), Vitamin B5: 0.63mg (6.29%), Vitamin E: 0.9mg (5.97%), Vitamin B6: 0.11mg (5.26%), Vitamin B3: 0.76mg (3.82%), Iron: 0.6mg (3.33%), Vitamin A: 166.57IU (3.33%), Vitamin B1: 0.04mg (2.84%)