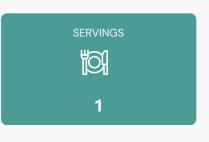


Cardamom Yogurt Pudding with Orange and Cinnamon Honey Syrup

Gluten Free







DESSERT

Ingredients

Ш	1 pinch cinnamon
	0.5 teaspoon gelatin powder unflavored (from 1 envelope)
	1 pinch ground cardamom
	1 tablespoon honey (preferably orange blossom)
	1 navel oranges
	0.5 cup yogurt plain
	1.5 tablespoons sugar

	0.3 teaspoon vanilla	
	2 teaspoons water	
Equipment		
	bowl	
	frying pan	
	sauce pan	
	knife	
	whisk	
	ramekin	
Directions		
	Whisk together yogurt, sugar, and vanilla in a small bowl until sugar is dissolved. Put water in a very small saucepan and tilt pan so that water is on one side, then sprinkle gelatin and cardamom evenly over water.	
	Let stand 1 minute to soften.	
	Heat mixture over low heat, stirring, until gelatin is dissolved, about 30 seconds.	
	Whisk hot gelatin into yogurt until combined well.	
	Pour yogurt into ramekin and chill, covered, until set, about 11/2 hours.	
	While yogurt is chilling, cut peel and white pith from orange with a sharp knife. Working over a small bowl, cut segments free from membranes from half of orange, letting segments fall into bowl, then squeeze 1 tablespoon juice from remaining half of orange and, if necessary, from membranes.	
	Bring orange juice, honey, and cinnamon to a simmer in cleaned very small saucepan, stirring, then simmer until reduced to about 1 tablespoon, about 1 minute.	
	Add orange segments to syrup, gently stirring to coat. Cool to room temperature, about 10 minutes.	
	Run a thin knife around edge of ramekin to loosen pudding, then dip ramekin into a bowl of hot water 30 seconds and invert pudding onto a plate. Spoon syrup over pudding and arrange orange around side.	
	Yogurt pudding can be chilled up to 1 day.	

Nutrition Facts

PROTEIN 13.68% FAT 1.52% CARBS 84.8%

Properties

Glycemic Index:132.36, Glycemic Load:21.59, Inflammation Score:-7, Nutrition Score:13.877391292997%

Flavonoids

Hesperetin: 30.62mg, Hesperetin: 30.62mg, Hesperetin: 30.62mg, Hesperetin: 30.62mg Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 280.73kcal (14.04%), Fat: 0.5g (0.77%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 62.55g (20.85%), Net Carbohydrates: 59.3g (21.56%), Sugar: 56.64g (62.94%), Cholesterol: 2.45mg (0.82%), Sodium: 101.29mg (4.4%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Protein: 10.09g (20.18%), Vitamin C: 83.98mg (101.79%), Calcium: 309.31mg (30.93%), Phosphorus: 226.51mg (22.65%), Vitamin B2: 0.38mg (22.07%), Potassium: 559.84mg (16%), Folate: 63.33µg (15.83%), Fiber: 3.26g (13.02%), Vitamin B1: 0.75µg (12.45%), Vitamin B5: 1.17mg (11.68%), Vitamin B1: 0.15mg (10.32%), Magnesium: 40.1mg (10.03%), Zinc: 1.36mg (9.1%), Vitamin B6: 0.18mg (9.08%), Selenium: 5.48µg (7.83%), Vitamin A: 354.96IU (7.1%), Manganese: 0.13mg (6.58%), Copper: 0.13mg (6.42%), Vitamin B3: 0.78mg (3.91%), Iron: 0.44mg (2.46%), Vitamin E: 0.21mg (1.43%)