



Cardamom Yogurt Pudding with Orange and Cinnamon Honey Syrup

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



281 kcal

DESSERT

Ingredients

- ☐ 1 pinch cinnamon
- ☐ 0.5 teaspoon gelatin powder unflavored (from 1 envelope)
- ☐ 1 pinch ground cardamom
- ☐ 1 tablespoon mild honey (preferably orange blossom)
- ☐ 1 navel oranges
- ☐ 0.5 cup whole-milk 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 1 1/2 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, Naringenin: 9.94mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 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 B12: 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%)