



Cherries in Almond Syrup Over Greek Yogurt

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup almonds (such as Monin or Torani)
- 1.5 pounds cherries fresh black red pitted
- 2 tablespoons juice of lemon fresh
- 7 cups greek yogurt plain
- 0.3 cup sugar
- 1 cup almonds raw whole coarsely chopped

Equipment

- bowl

sauce pan

Directions

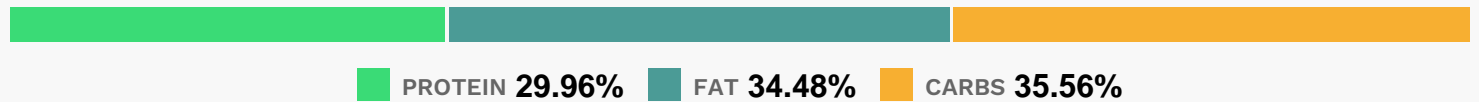
Bring cherries, almond syrup, sugar, lemon juice, and 1/4 cup water to a simmer in a medium saucepan over medium-high heat, stirring until sugar is dissolved. Simmer, stirring occasionally, until liquid is slightly syrupy but cherries still hold their shape, about 5 minutes.

Transfer mixture to a bowl and let cool completely. Chill until cold. DO AHEAD: Can be made 1 week ahead. Cover and keep chilled.

Divide yogurt among bowls. Spoon cherries with juices over.

Garnish with chopped almonds.

Nutrition Facts



Properties

Glycemic Index: 11.26, Glycemic Load: 4.57, Inflammation Score: -8, Nutrition Score: 16.983912872232%

Flavonoids

Cyanidin: 28.25mg, Cyanidin: 28.25mg, Cyanidin: 28.25mg, Cyanidin: 28.25mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 3.39mg, Epicatechin: 3.39mg, Epicatechin: 3.39mg, Epicatechin: 3.39mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 303.53kcal (15.18%), Fat: 12.08g (18.59%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 28.04g (9.35%), Net Carbohydrates: 23.87g (8.68%), Sugar: 20.25g (22.5%), Cholesterol: 8.75mg (2.92%), Sodium: 65.87mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.63g (47.25%), Vitamin B2: 0.78mg (46.01%), Vitamin E: 5.8mg (38.68%), Phosphorus: 358.53mg (35.85%), Manganese: 0.62mg (31.11%), Calcium: 268.25mg (26.82%), Selenium: 18.28µg (26.12%), Vitamin A: 1098.62IU (21.97%), Magnesium: 87.46mg (21.86%), Vitamin B12: 1.23µg (20.42%), Copper: 0.35mg (17.47%), Fiber: 4.16g (16.66%), Potassium: 561.65mg (16.05%), Vitamin C: 9.96mg (12.07%), Zinc: 1.71mg (11.41%), Vitamin B6: 0.18mg (9.09%), Vitamin B5: 0.81mg (8.11%), Vitamin B3: 1.52mg (7.61%), Folate: 29.64µg (7.41%), Vitamin B1: 0.11mg (7.38%), Iron: 1.23mg (6.83%), Vitamin K: 1.79µg (1.7%)