



## Cherry-Apricot Yogurt Sundaes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



213 kcal

DESSERT

### Ingredients

- ☐ 6 apricots fresh
- ☐ 1 lb cherries fresh (preferably Royal Ann or Rainier)
- ☐ 5 large bay leaves dried fresh halved lengthwise
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 inch lemon zest fresh
- ☐ 6 servings accompaniment: maple granola brittle
- ☐ 2 inch orange zest fresh
- ☐ 2 cups yogurt plain (preferably Greek)

- ☐ 0.3 cup sugar
- ☐ 0.5 cup water

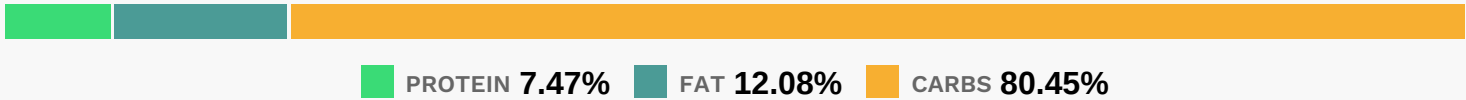
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife

## Directions

- ☐ Simmer sugar, water, bay leaves, and zests in a 1-quart heavy saucepan 5 minutes, then remove from heat and let steep 20 minutes. While syrup steeps, halve apricots lengthwise and remove pits. Run a paring knife crosswise around each cherry, touching pit, then twist cherry halves to separate.
- ☐ Remove pits with tip of knife. Toss apricots and cherries with lemon juice in a large shallow bowl. Return syrup to a boil, then pour over fruit, tossing to coat. Cover and let stand, stirring occasionally, at least 30 minutes. Put 1/3 cup yogurt on each of 6 plates and serve with fruit.

## Nutrition Facts



## Properties

Glycemic Index:31.54, Glycemic Load:17.04, Inflammation Score:-6, Nutrition Score:7.9130434290222%

## Flavonoids

Cyanidin: 22.84mg, Cyanidin: 22.84mg, Cyanidin: 22.84mg, Cyanidin: 22.84mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 4.58mg, Catechin: 4.58mg, Catechin: 4.58mg, Catechin: 4.58mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 5.44mg, Epicatechin: 5.44mg, Epicatechin: 5.44mg, Epicatechin: 5.44mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg, Myricetin: 0.04mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 212.87kcal (10.64%), Fat: 2.99g (4.6%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 44.85g (14.95%), Net Carbohydrates: 42.36g (15.4%), Sugar: 39.87g (44.3%), Cholesterol: 10.62mg (3.54%), Sodium: 40.93mg (1.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.33%), Manganese: 0.55mg (27.53%), Vitamin B2: 0.41mg (24.3%), Vitamin A: 812.57IU (16.25%), Vitamin C: 12.13mg (14.7%), Calcium: 138.99mg (13.9%), Potassium: 435.59mg (12.45%), Phosphorus: 102.02mg (10.2%), Fiber: 2.49g (9.98%), Magnesium: 26.53mg (6.63%), Vitamin B5: 0.56mg (5.61%), Vitamin B12: 0.3µg (5.04%), Zinc: 0.76mg (5.04%), Vitamin B1: 0.07mg (4.65%), Vitamin B6: 0.09mg (4.36%), Copper: 0.09mg (4.31%), Folate: 12.74µg (3.18%), Iron: 0.53mg (2.93%), Vitamin E: 0.42mg (2.8%), Vitamin K: 2.91µg (2.77%), Selenium: 1.92µg (2.74%), Vitamin B3: 0.42mg (2.09%)