



Chocolate Chip Yogurt Delight

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 oz vanilla yogurt light fat free yoplait®
- 1 tablespoon semi chocolate chips
- 3 blackberries

Equipment

- bowl
- microwave

Directions

- Spoon yogurt into small dessert bowl.
- Place chocolate chips in small microwavable bowl. Microwave uncovered on High 25 to 30 seconds or until melted.
- Stir melted chips into yogurt just until blended and no large chunks remain. Top with blackberries.

Nutrition Facts

PROTEIN 15.89% **FAT 30.09%** **CARBS 54.02%**

Properties

Glycemic Index:25, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:9.41347828637%

Flavonoids

Cyanidin: 6mg, Cyanidin: 6mg, Cyanidin: 6mg, Cyanidin: 6mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 234.01kcal (11.7%), Fat: 7.9g (12.16%), Saturated Fat: 4.68g (29.23%), Carbohydrates: 31.91g (10.64%), Net Carbohydrates: 30.4g (11.05%), Sugar: 29.27g (32.53%), Cholesterol: 9.4mg (3.13%), Sodium: 113.82mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 9.39g (18.77%), Calcium: 301.91mg (30.19%), Phosphorus: 269.95mg (27%), Vitamin B2: 0.35mg (20.64%), Vitamin B12: 0.93µg (15.48%), Selenium: 9.62µg (13.74%), Magnesium: 54.82mg (13.7%), Potassium: 467.28mg (13.35%), Zinc: 1.84mg (12.27%), Manganese: 0.24mg (12.22%), Copper: 0.22mg (10.96%), Vitamin B5: 1mg (10%), Iron: 1.1mg (6.13%), Fiber: 1.52g (6.07%), Vitamin B1: 0.08mg (5.16%), Folate: 20.21µg (5.05%), Vitamin B6: 0.08mg (4.17%), Vitamin C: 2.62mg (3.18%), Vitamin K: 2.44µg (2.32%), Vitamin A: 93.48IU (1.87%), Vitamin B3: 0.35mg (1.73%), Vitamin E: 0.19mg (1.28%)