



Chocolate-Laced Kiwifruit with Orange Sauce



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 4 large kiwi fruit peeled cut into 1/4-inch slices
- ☐ 1 tablespoon orange juice concentrate frozen thawed (partially)
- ☐ 2 tablespoons semi chocolate chips
- ☐ 1 teaspoon shortening

Equipment

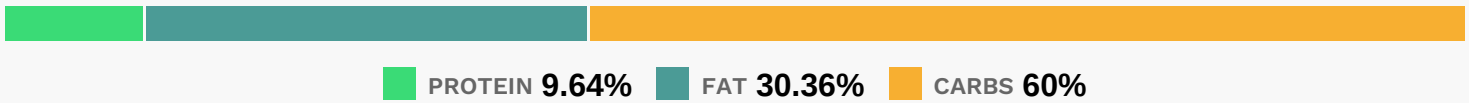
- ☐ bowl
- ☐ microwave

☐ measuring cup

Directions

- ☐ In small bowl, mix yogurt and orange juice concentrate. Spoon 2 tablespoons mixture onto each of 4 dessert plates. Arrange kiwifruit on yogurt mixture.
- ☐ In 1-cup microwavable measuring cup, microwave chocolate chips and shortening uncovered on High 30 to 60 seconds, stirring every 15 seconds, until melted and smooth. Carefully drizzle chocolate in thin lines over kiwifruit.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:5.27, Inflammation Score:-5, Nutrition Score:10.894347999407%

Flavonoids

Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 129.72kcal (6.49%), Fat: 4.57g (7.03%), Saturated Fat: 2.02g (12.65%), Carbohydrates: 20.32g (6.77%), Net Carbohydrates: 16.96g (6.17%), Sugar: 14.38g (15.98%), Cholesterol: 1.06mg (0.35%), Sodium: 29.19mg (1.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 3.27g (6.53%), Vitamin C: 73.61mg (89.23%), Vitamin K: 37.94µg (36.14%), Fiber: 3.37g (13.47%), Copper: 0.22mg (11.12%), Phosphorus: 100.78mg (10.08%), Calcium: 98.86mg (9.89%), Manganese: 0.19mg (9.59%), Potassium: 324.05mg (9.26%), Vitamin E: 1.33mg (8.83%), Magnesium: 34.87mg (8.72%), Folate: 30.18µg (7.55%), Vitamin B2: 0.1mg (6.15%), Vitamin B6: 0.08mg (4.2%), Zinc: 0.63mg (4.19%), Vitamin B5: 0.41mg (4.14%), Iron: 0.73mg (4.07%), Vitamin B1: 0.05mg (3.47%), Vitamin B12: 0.2µg (3.34%), Selenium: 1.93µg (2.76%), Vitamin B3: 0.48mg (2.39%), Vitamin A: 99.07IU (1.98%)