



Cinnamon-Apple Yogurt



Vegetarian



Gluten Free

READY IN



2 min.

SERVINGS



4

CALORIES



132 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



4 teaspoons cinnamon-sugar



2 cups vanilla yogurt low-fat



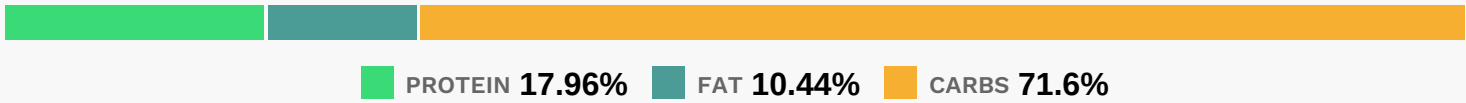
8 tablespoons apple sauce unsweetened

Equipment

Directions

☐ Spoon 1/2 cup vanilla low-fat yogurt into each of 4 dessert dishes. Top each with 2 tablespoons unsweetened applesauce and 1 teaspoon cinnamon-sugar.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:2.79, Inflammation Score:-1, Nutrition Score:5.1552174233872%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 132.13kcal (6.61%), Fat: 1.57g (2.42%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 23.95g (8.71%), Sugar: 23.71g (26.35%), Cholesterol: 6.13mg (2.04%), Sodium: 81.49mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.18%), Calcium: 210.71mg (21.07%), Phosphorus: 166.88mg (16.69%), Vitamin B2: 0.26mg (15.06%), Vitamin B12: 0.65µg (10.82%), Selenium: 6.12µg (8.74%), Potassium: 290.55mg (8.3%), Vitamin B5: 0.69mg (6.88%), Zinc: 1.03mg (6.84%), Magnesium: 20.5mg (5.13%), Vitamin B1: 0.06mg (3.95%), Folate: 14.38µg (3.59%), Vitamin B6: 0.06mg (3.16%), Vitamin C: 1.28mg (1.55%), Fiber: 0.33g (1.32%), Vitamin A: 61.38IU (1.23%), Copper: 0.02mg (1.22%)