



Cinnamon Crisps with Blackberries and Yogurt

READY IN



45 min.

SERVINGS



4

CALORIES



138 kcal

DESSERT

Ingredients

- 1 cup blackberries
- 1.5 cups greek yogurt plain fat-free
- 0.3 teaspoon ground cinnamon
- 4 teaspoons honey
- 1 tablespoon sugar
- 8 wonton wrappers cut in half diagonally

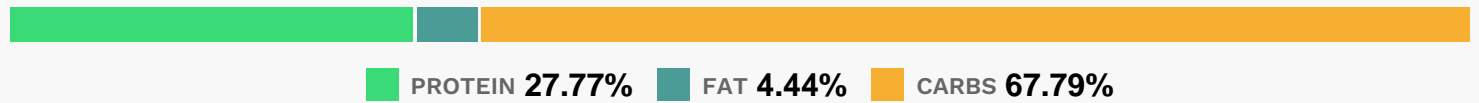
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 40
- Arrange wonton wrappers in a single layer on a baking sheet coated with cooking spray; lightly coat wrappers with cooking spray.
- Combine sugar and cinnamon in a small bowl.
- Sprinkle sugar mixture evenly over wrappers; bake at 400 for 3 minutes or until crisp and slightly browned. Set the wrappers aside to cool slightly.
- Layer 6 tablespoons yogurt, 1/4 cup berries, and 1 teaspoon honey into each of 4 bowls.
- Serve each with 4 wonton crisps.

Nutrition Facts



Properties

Glycemic Index:38.09, Glycemic Load:5.49, Inflammation Score:-3, Nutrition Score:7.0852172841196%

Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 138.02kcal (6.9%), Fat: 0.69g (1.06%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 23.73g (7.91%), Net Carbohydrates: 21.47g (7.81%), Sugar: 12.95g (14.39%), Cholesterol: 5.1mg (1.7%), Sodium: 113.48mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.72g (19.44%), Manganese: 0.36mg (18.13%), Selenium: 11.88µg (16.97%),

Vitamin B2: 0.28mg (16.48%), Phosphorus: 122.43mg (12.24%), Calcium: 102.44mg (10.24%), Vitamin C: 7.6mg (9.21%), Fiber: 2.26g (9.03%), Vitamin B12: 0.53µg (8.8%), Vitamin K: 7.17µg (6.83%), Folate: 27.3µg (6.82%), Vitamin B1: 0.1mg (6.77%), Vitamin B3: 1.21mg (6.07%), Potassium: 180.61mg (5.16%), Copper: 0.1mg (4.87%), Zinc: 0.71mg (4.75%), Magnesium: 18.67mg (4.67%), Iron: 0.82mg (4.56%), Vitamin B5: 0.36mg (3.57%), Vitamin B6: 0.07mg (3.26%), Vitamin E: 0.43mg (2.88%), Vitamin A: 82.51IU (1.65%)