



Cinnamon Yogurt Dip



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon ground cinnamon
- ☐ 2 tablespoons honey
- ☐ 1 cup vanilla yogurt low-fat

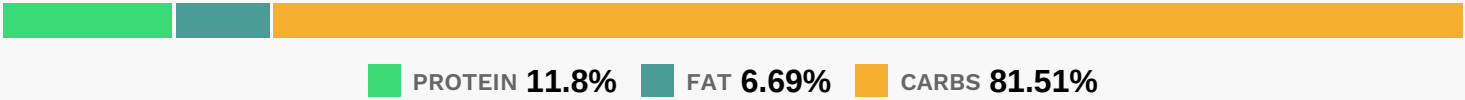
Equipment

- ☐ bowl

Directions

- ☐ Mix yogurt, honey, brown sugar, and cinnamon together in a bowl.
- ☐ Refrigerate 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:14.32, Glycemic Load:4.54, Inflammation Score:-1, Nutrition Score:3.7586956412896%

Nutrients (% of daily need)

Calories: 100.32kcal (5.02%), Fat: 0.79g (1.22%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 21.66g (7.22%), Net Carbohydrates: 20.58g (7.48%), Sugar: 20.03g (22.25%), Cholesterol: 3.06mg (1.02%), Sodium: 41.88mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.27%), Manganese: 0.36mg (18.1%), Calcium: 127.9mg (12.79%), Phosphorus: 84.51mg (8.45%), Vitamin B2: 0.13mg (7.52%), Vitamin B12: 0.32µg (5.41%), Selenium: 3.18µg (4.55%), Potassium: 152.21mg (4.35%), Fiber: 1.08g (4.33%), Zinc: 0.57mg (3.79%), Vitamin B5: 0.36mg (3.56%), Magnesium: 11.48mg (2.87%), Folate: 7.1µg (1.77%), Vitamin B1: 0.03mg (1.74%), Vitamin B6: 0.03mg (1.72%), Iron: 0.27mg (1.53%)