



Cook the Book: Yogurt with Pineapple



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



166 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon brown mustard seeds whole
- ☐ 1 tablespoon canola oil
- ☐ 3 tablespoons coconut flakes frozen finely grated (use the kind or use desiccated coconut)
- ☐ 10 basil fresh
- ☐ 1 to 2 chilies slit fresh green hot finely chopped (such as bird's eye)
- ☐ 2 cups pineapple fresh cut into 1/2-inch cubes
- ☐ 1 cup yogurt plain
- ☐ 2 chilies dried red hot

- ☐ 1.3 teaspoons salt
- ☐ 2 tablespoons shallots finely sliced cut into fine half rings
- ☐ 2 tablespoons sugar
- ☐ 0.3 teaspoon cumin seeds whole

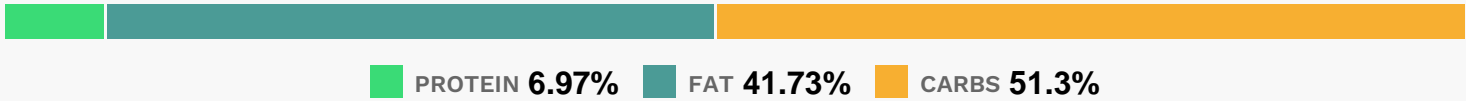
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Put the pineapple, sugar, and 1/2 cup water in a pan and bring to a simmer. Stir and cook over low heat until the liquid evaporates, about 10 minutes.
- ☐ Add the coconut and stir once or twice. Take off the heat and set aside to cool.
- ☐ Put the yogurt in a bowl and beat lightly with a fork or whisk until smooth and creamy.
- ☐ Add the salt, green chili, and cooled pineapple-coconut mix. Stir to mix.
- ☐ Put the oil in a small frying pan and set over medium-high heat. When hot, scatter in the mustard seeds, cumin seeds, and red chilies. As soon as the mustard seeds start to pop, a matter of seconds, add the curry leaves and shallots. Turn heat to medium. Stir and cook until the shallots start to brown.
- ☐ Now pour all the contents of the frying pan into the bowl of pineapple yogurt and stir it in.

Nutrition Facts



Properties

Glycemic Index:63.19, Glycemic Load:10.61, Inflammation Score:-4, Nutrition Score:8.9569565485353%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 165.61kcal (8.28%), Fat: 8.09g (12.44%), Saturated Fat: 3.7g (23.12%), Carbohydrates: 22.38g (7.46%), Net Carbohydrates: 19.98g (7.26%), Sugar: 18.12g (20.14%), Cholesterol: 7.96mg (2.65%), Sodium: 795.7mg (34.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.07%), Vitamin C: 41.82mg (50.69%), Manganese: 0.9mg (45.24%), Fiber: 2.4g (9.6%), Calcium: 91.25mg (9.13%), Phosphorus: 77.2mg (7.72%), Vitamin K: 7.67µg (7.31%), Vitamin B2: 0.12mg (7.26%), Vitamin B6: 0.14mg (7.23%), Copper: 0.14mg (6.85%), Potassium: 232.15mg (6.63%), Vitamin B1: 0.09mg (5.97%), Magnesium: 23.06mg (5.76%), Folate: 22.02µg (5.5%), Vitamin E: 0.7mg (4.7%), Vitamin B5: 0.46mg (4.63%), Vitamin A: 229.25IU (4.58%), Zinc: 0.58mg (3.84%), Vitamin B12: 0.23µg (3.78%), Iron: 0.59mg (3.3%), Selenium: 2.27µg (3.24%), Vitamin B3: 0.53mg (2.64%)