



Creamy saffron yogurt



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



165 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 700 g greek yogurt
- ☐ 2 tsp cardamom pods
- ☐ 100 g brown sugar
- ☐ 8 saffron threads
- ☐ 1 tsp milk
- ☐ 1 tbsp pistachios shelled
- ☐ 1 large mangos ripe sliced

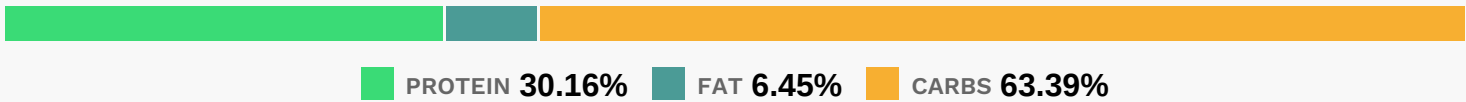
Equipment

- ☐ bowl
- ☐ sieve
- ☐ mortar and pestle

Directions

- ☐ Place a piece of muslin or thick kitchen paper in a large sieve set over a large bowl. Spoon the yogurt into the sieve, cover with another piece of muslin or 2 sheets of kitchen paper and set aside at room temperature for 25–30 minutes (this is done to remove excess moisture).
- ☐ Remove the seeds from the cardamom pods and crush them using a pestle and mortar you will need 1 tsp of ground cardamom.
- ☐ Lift off and discard the top layer of paper from the yogurt, then scrape the yogurt into a bowl and stir in the sugar.
- ☐ Mix the saffron strands with the milk, then add the lot to the yogurt with the ground cardamom. Give the yogurt mixture a good stir for a few minutes so the ingredients are well mixed. (You can make up to this stage a day ahead and keep covered in the fridge.)
- ☐ Divide between 6 small glasses and scatter over the pistachios. Stand each glass on a saucer with some fresh mango slices on the side and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:30.46, Glycemic Load:2.49, Inflammation Score:-4, Nutrition Score:7.6373912327639%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 165.01kcal (8.25%), Fat: 1.21g (1.85%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 26.65g (8.88%), Net Carbohydrates: 25.78g (9.38%), Sugar: 24.84g (27.6%), Cholesterol: 5.93mg (1.98%), Sodium: 47.56mg (2.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.36%), Vitamin B2: 0.35mg (20.32%), Phosphorus: 172.48mg (17.25%), Selenium: 12.06µg (17.23%), Vitamin C: 12.82mg (15.54%), Calcium: 152.09mg (15.21%), Vitamin B12: 0.82µg (13.69%), Manganese: 0.26mg (13.18%), Vitamin A: 384.85IU (7.7%), Potassium: 267.3mg (7.64%), Vitamin B6: 0.15mg (7.33%), Folate: 23.87µg (5.97%), Magnesium: 21.1mg (5.27%), Zinc: 0.74mg (4.91%), Vitamin B5: 0.49mg (4.86%), Copper: 0.09mg (4.25%), Fiber: 0.87g (3.48%), Vitamin B1: 0.05mg (3.2%), Vitamin B3: 0.52mg (2.6%), Vitamin E: 0.35mg (2.34%), Iron: 0.4mg (2.25%), Vitamin K: 1.45µg (1.38%)