



Ethnic Yogurt Dessert



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup so delicious dairy free cultured coconut milk plain greek-style (Yogurt)
- ☐ 7 dates pitted
- ☐ 2 tablespoons pistachio
- ☐ 0.3 teaspoon cardamom seeds
- ☐ 2 teaspoons sugar

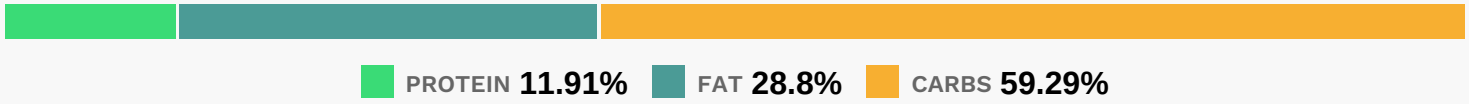
Equipment

- ☐ bowl

Directions

- ☐ Grind cardamom seeds. Chop dates and pistachios coarsely.In a bowl, mix together Greek cultured coconut milk, sugar and chopped dates.Divide between 2 bowls to serve.
- ☐ Sprinkle cardamom seeds and pistachio on top.

Nutrition Facts



Properties

Glycemic Index:86.75, Glycemic Load:12.76, Inflammation Score:-5, Nutrition Score:10.721304292264%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epigallocatechin: 0.15mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 183.44kcal (9.17%), Fat: 6.16g (9.48%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 25.29g (9.2%), Sugar: 23.09g (25.66%), Cholesterol: 0mg (0%), Sodium: 59.6mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.47%), Vitamin B6: 0.44mg (22.14%), Vitamin B3: 4.29mg (21.47%), Vitamin B12: 1.27µg (21.24%), Vitamin E: 3.16mg (21.06%), Calcium: 182.67mg (18.27%), Vitamin B2: 0.26mg (15.51%), Copper: 0.29mg (14.67%), Fiber: 3.26g (13.05%), Folate: 46.24µg (11.56%), Potassium: 404.05mg (11.54%), Vitamin C: 9.01mg (10.93%), Vitamin B1: 0.15mg (10.08%), Vitamin A: 497.32IU (9.95%), Vitamin D: 1.42µg (9.44%), Manganese: 0.15mg (7.72%), Iron: 1.12mg (6.24%), Selenium: 4µg (5.71%), Phosphorus: 51.94mg (5.19%), Magnesium: 19.61mg (4.9%), Zinc: 0.52mg (3.46%), Vitamin B5: 0.18mg (1.83%)