



Fresh Berry Napoleon



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces blackberries
- ☐ 2 tablespoons honey
- ☐ 4 servings lime
- ☐ 8 ounces yogurt plain low-fat
- ☐ 6 ounces raspberries
- ☐ 0.5 pound strawberries
- ☐ 8 sugar

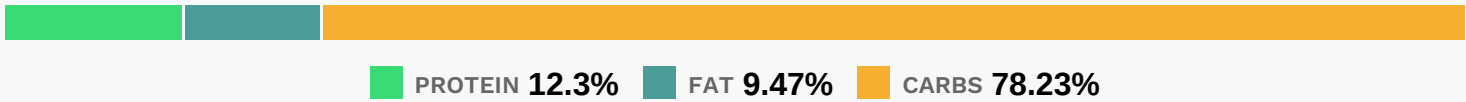
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ In a bowl, gently combine blackberries and raspberries. Hull and quarter strawberries; set aside. Zest lime, and juice 1/2 lime. Process yogurt with lime zest, lime juice, honey, and half of the cut strawberries in a blender. Top each of 4 waffle or sugar cookies with 1 tablespoon strawberry-yogurt mixture, 1/3 cup blackberry-raspberry mixture, another drizzle of strawberry-yogurt mixture; sandwich with another cookie.
- ☐ Garnish with remaining strawberries, and serve.

Nutrition Facts



Properties

Glycemic Index:61.34, Glycemic Load:8.42, Inflammation Score:-6, Nutrition Score:11.675652224085%

Flavonoids

Cyanidin: 62.92mg, Cyanidin: 62.92mg, Cyanidin: 62.92mg, Cyanidin: 62.92mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 18.08mg, Catechin: 18.08mg, Catechin: 18.08mg, Catechin: 18.08mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 135.98kcal (6.8%), Fat: 1.55g (2.39%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 28.87g (9.62%), Net Carbohydrates: 22.5g (8.18%), Sugar: 21.45g (23.84%), Cholesterol: 3.4mg (1.13%), Sodium: 41.69mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Vitamin C: 55.95mg (67.82%), Manganese: 0.79mg

(39.49%), Fiber: 6.37g (25.48%), Calcium: 138.75mg (13.88%), Vitamin K: 13.14µg (12.51%), Phosphorus: 118.62mg (11.86%), Potassium: 365.17mg (10.43%), Folate: 40.18µg (10.04%), Vitamin B2: 0.17mg (9.81%), Magnesium: 35.5mg (8.87%), Copper: 0.15mg (7.57%), Vitamin E: 1.06mg (7.1%), Vitamin B5: 0.69mg (6.86%), Zinc: 1.02mg (6.79%), Vitamin B12: 0.32µg (5.29%), Iron: 0.92mg (5.12%), Vitamin B6: 0.1mg (4.81%), Vitamin B3: 0.84mg (4.2%), Vitamin B1: 0.06mg (4.18%), Selenium: 2.48µg (3.54%), Vitamin A: 144.26IU (2.89%)