



## Fruit and Honey Cream Dessert

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



73 kcal

SIDE DISH

### Ingredients

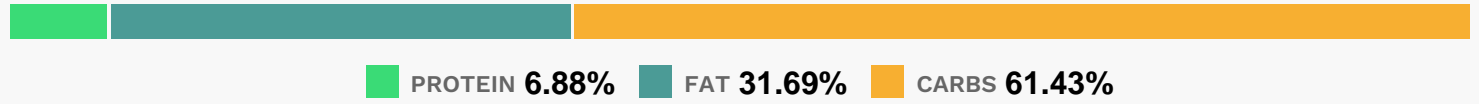
- 1 Tbsp honey divided
- 2 Tbsp vanilla yogurt low-fat
- 2 navel oranges peeled sliced
- 1 tsp planters pecan pieces
- 2 Tbsp philadelphia

### Equipment

## Directions

- Arrange oranges on 2 small dessert plates; drizzle evenly with 2 tsp. honey.
- Mix reduced-fat cream cheese, yogurt and remaining honey; spoon over oranges.
- Top with nuts.

## Nutrition Facts



## Properties

Glycemic Index:17.85, Glycemic Load:1.89, Inflammation Score:-4, Nutrition Score:3.9799999789051%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 12.25mg, Hesperetin: 12.25mg, Hesperetin: 12.25mg, Hesperetin: 12.25mg Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 72.84kcal (3.64%), Fat: 2.76g (4.24%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 10.7g (3.89%), Sugar: 9.56g (10.62%), Cholesterol: 6.26mg (2.09%), Sodium: 24.22mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.69%), Vitamin C: 33.19mg (40.23%), Fiber: 1.32g (5.27%), Folate: 20.7µg (5.18%), Calcium: 44.2mg (4.42%), Vitamin A: 220.1IU (4.4%), Vitamin B2: 0.06mg (3.57%), Potassium: 123.6mg (3.53%), Phosphorus: 32.27mg (3.23%), Vitamin B1: 0.05mg (3.2%), Manganese: 0.06mg (2.83%), Vitamin B6: 0.05mg (2.69%), Vitamin B5: 0.23mg (2.33%), Magnesium: 9.01mg (2.25%), Copper: 0.04mg (1.75%), Selenium: 0.95µg (1.36%), Vitamin B3: 0.27mg (1.33%), Zinc: 0.19mg (1.24%)