



Fruit with Honey-Cinnamon Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

Ingredients

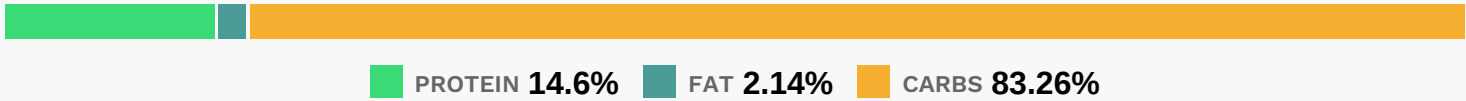
- ☐ 1 cup greek yogurt
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup honey
- ☐ 1 navel oranges
- ☐ 2 plums
- ☐ 1 cup grapes red

Equipment

Directions

- ☐ Chop plums, supreme (section) the oranges and halve the grapes, divide mixed fruit among 4 cups.
- ☐ Combine yogurt with honey and cinnamon. Top each fruit cup with 1/4 of the sauce.

Nutrition Facts



Properties

Glycemic Index:35.48, Glycemic Load:13.37, Inflammation Score:-3, Nutrition Score:6.0969564914703%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 153.9kcal (7.7%), Fat: 0.39g (0.61%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 32.72g (11.9%), Sugar: 31.14g (34.59%), Cholesterol: 2.5mg (0.83%), Sodium: 19.98mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.09%), Vitamin C: 25.14mg (30.48%), Vitamin B2: 0.2mg (11.85%), Phosphorus: 89.89mg (8.99%), Calcium: 80.08mg (8.01%), Potassium: 264.61mg (7.56%), Selenium: 5.16µg (7.38%), Vitamin K: 7.7µg (7.33%), Fiber: 1.75g (6.99%), Manganese: 0.12mg (5.96%), Vitamin B12: 0.35µg (5.83%), Vitamin B6: 0.11mg (5.36%), Copper: 0.1mg (4.87%), Vitamin B1: 0.07mg (4.68%), Vitamin A: 227.95IU (4.56%), Folate: 18.24µg (4.56%), Magnesium: 14.88mg (3.72%), Vitamin B5: 0.34mg (3.36%), Zinc: 0.4mg (2.69%), Vitamin B3: 0.49mg (2.46%), Iron: 0.38mg (2.12%), Vitamin E: 0.22mg (1.47%)