



Ginger Yogurt with Berries and Crunchy Caramel



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



374 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 small container blackberries
- ☐ 1 small container blueberries
- ☐ 4 ounce candied ginger minced ()
- ☐ 42 ounce greek yogurt plain
- ☐ 1 small container raspberries
- ☐ 8 ounce strawberries hulled halved quartered (if large)
- ☐ 1 cup sugar

☐ 0.3 cup water

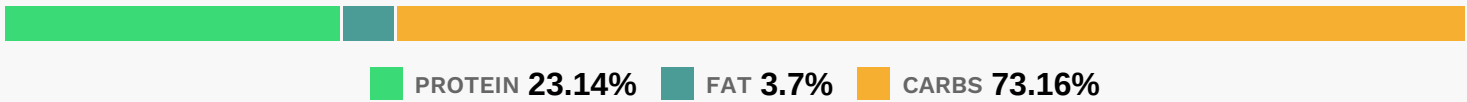
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Berries and yogurt
- ☐ Mix yogurt and ginger in medium bowl; spread in large shallow serving bowl. Cover yogurt with berries. DO AHEAD Can be made 4 hours ahead; cover and chill.
- ☐ Caramel
- ☐ Stir sugar and water in heavy medium saucepan over low heat until sugar dissolves. Increase heat; boil without stirring until mixture is dark caramel color, swirling pan occasionally, about 7 minutes. Immediately pour hot caramel over berries, avoiding pouring down inner sides of bowl.
- ☐ Let stand until caramel hardens, about 5 minutes, and serve.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:25.48, Inflammation Score:-6, Nutrition Score:17.307826145836%

Flavonoids

Cyanidin: 81.09mg, Cyanidin: 81.09mg, Cyanidin: 81.09mg, Cyanidin: 81.09mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg Pelargonidin: 10.16mg, Pelargonidin: 10.16mg, Pelargonidin: 10.16mg, Pelargonidin: 10.16mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 22.87mg, Catechin: 22.87mg, Catechin: 22.87mg, Catechin: 22.87mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 4.63mg, Epicatechin: 4.63mg, Epicatechin: 4.63mg, Epicatechin: 4.63mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg

Epigallocatechin 3–gallate: 0.71mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg
Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.4mg, Myricetin:
0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin:
3.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 373.69kcal (18.68%), Fat: 1.57g (2.42%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 69.87g (23.29%),
Net Carbohydrates: 62.73g (22.81%), Sugar: 61g (67.78%), Cholesterol: 9.92mg (3.31%), Sodium: 76.6mg (3.33%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.11g (44.21%), Vitamin C: 47.77mg (57.9%), Manganese:
0.88mg (44.01%), Vitamin B2: 0.61mg (35.7%), Phosphorus: 306.53mg (30.65%), Selenium: 20.33µg (29.04%),
Fiber: 7.14g (28.57%), Calcium: 256.4mg (25.64%), Vitamin B12: 1.39µg (23.15%), Vitamin K: 16.14µg (15.37%),
Potassium: 508.76mg (14.54%), Magnesium: 49.63mg (12.41%), Folate: 48.06µg (12.01%), Zinc: 1.63mg (10.85%),
Vitamin B5: 1.03mg (10.32%), Copper: 0.2mg (9.81%), Vitamin B6: 0.19mg (9.52%), Vitamin E: 1.25mg (8.31%),
Vitamin B3: 1.24mg (6.21%), Iron: 1.02mg (5.67%), Vitamin B1: 0.08mg (5.38%), Vitamin A: 150.99IU (3.02%)