



## 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 crystallized 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

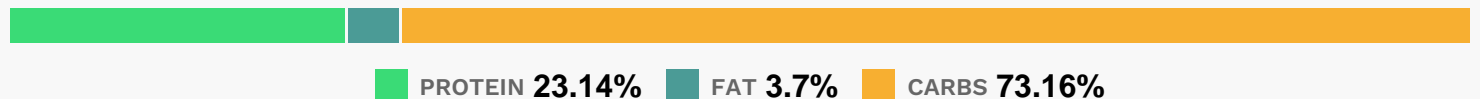
Mix yogurt and ginger in medium bowl; spread in large shallow serving bowl. Cover yogurt with berries. DO AHEAD Can be made 4 hours ahead; cover and chill.

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

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## **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: 0g (100%), Alcohol %: 0% (100%), Protein: 22.1g (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%)