



## Gingered Fruit with Honey Yogurt

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

### Ingredients

- 2 teaspoons ginger fresh grated
- 1 tsp honey
- 1 tablespoon juice of lime
- 2 cups greek yogurt low-fat
- 3 oranges
- 1 cup strawberries quartered
- 3 tablespoons sugar

### Equipment

- bowl
- sauce pan

## Directions

- Cook sugar, ginger, lime juice, and 3 tbsp. water in a medium saucepan over medium heat until sugar dissolves, 1 to 2 minutes.
- Remove from heat and let cool slightly, about 5 minutes.
- Combine oranges and strawberries in a small bowl, then pour warm syrup over fruit.
- Divide yogurt among 4 parfait glasses or bowls.
- Drizzle each with honey. Spoon fruit mixture over yogurt.

## Nutrition Facts



## Properties

Glycemic Index:54.97, Glycemic Load:11.8, Inflammation Score:-6, Nutrition Score:8.0682607163554%

## Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 27.11mg, Hesperetin: 27.11mg, Hesperetin: 27.11mg, Hesperetin: 27.11mg Naringenin: 15.16mg, Naringenin: 15.16mg, Naringenin: 15.16mg, Naringenin: 15.16mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 185.29kcal (9.26%), Fat: 2.52g (3.88%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 29.78g (9.93%), Net Carbohydrates: 26.66g (9.69%), Sugar: 25.97g (28.85%), Cholesterol: 6.55mg (2.18%), Sodium: 47.06mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.5g (25.01%), Vitamin C: 74.62mg (90.45%), Calcium: 178.15mg (17.82%), Fiber: 3.12g (12.47%), Folate: 38.63µg (9.66%), Manganese: 0.17mg (8.41%), Potassium: 242.54mg (6.93%), Vitamin B1: 0.1mg (6.35%), Vitamin A: 292.8IU (5.86%), Vitamin B6: 0.08mg (3.97%), Magnesium: 15.27mg (3.82%), Copper: 0.07mg (3.3%), Vitamin B5: 0.3mg (2.98%), Vitamin B2: 0.05mg (2.97%), Phosphorus: 23.33mg (2.33%), Vitamin B3: 0.43mg (2.15%), Vitamin E: 0.29mg (1.95%), Iron: 0.27mg (1.48%), Selenium: 0.71µg (1.02%)