



Greek Honey Yogurt



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 teaspoons almonds sliced
- ☐ 0.3 cup honey
- ☐ 3 cups vanilla yogurt low-fat

Equipment

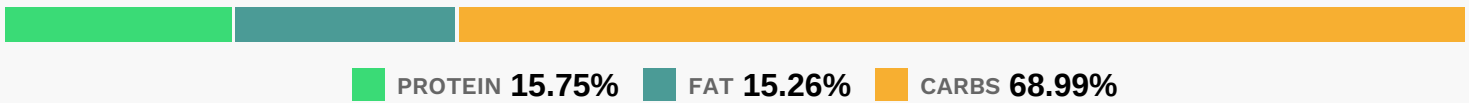
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ plastic wrap

- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Place a colander in a medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over outside edges.
- ☐ Spoon yogurt into colander. Cover loosely with plastic wrap; refrigerate 12 hours.
- ☐ Place nuts in a dry skillet over medium-high heat. Toast the nuts, stirring constantly, about 3 minutes or until golden.
- ☐ Spoon 1/2 cup drained yogurt into each of 4 serving dishes, and discard liquid. Top each bowl with 1 tablespoon honey and 1 teaspoon toasted almonds.
- ☐ Garnish with mint leaves, if desired.
- ☐ NOTE: Once yogurt is placed in serving dish, if there is any excess liquid, it can be removed by blotting gently with a paper towel.

Nutrition Facts



Properties

Glycemic Index:15.57, Glycemic Load:9.14, Inflammation Score:-2, Nutrition Score:8.7226086096919%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 243.76kcal (12.19%), Fat: 4.29g (6.6%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 43.68g (14.56%), Net Carbohydrates: 43.14g (15.69%), Sugar: 42.93g (47.7%), Cholesterol: 9.19mg (3.06%), Sodium: 122.16mg (5.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.94%), Calcium: 326.24mg (32.62%), Phosphorus: 268.15mg (26.82%), Vitamin B2: 0.42mg (24.88%), Vitamin B12: 0.97µg (16.23%), Selenium: 9.34µg (13.34%),

Potassium: 442.75mg (12.65%), Zinc: 1.7mg (11.31%), Vitamin B5: 1.05mg (10.47%), Magnesium: 40.62mg (10.16%),
Vitamin E: 1.06mg (7.07%), Manganese: 0.12mg (5.78%), Vitamin B1: 0.09mg (5.69%), Folate: 22.4µg (5.6%), Vitamin
B6: 0.09mg (4.66%), Copper: 0.07mg (3.64%), Fiber: 0.54g (2.17%), Iron: 0.37mg (2.03%), Vitamin C: 1.58mg (1.91%),
Vitamin B3: 0.37mg (1.84%), Vitamin A: 79.05IU (1.58%)