



Greek Yogurt with a Fig, Date, and Honey Swirl



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



436 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup almonds
- ☐ 1 cinnamon sticks
- ☐ 6 dates pitted chopped
- ☐ 6 figs fresh cut into quarters
- ☐ 2 cups greek yogurt
- ☐ 0.5 cup honey
- ☐ 1 juice of lemon juiced
- ☐ 4 servings mint leaves for garnish

- ☐ 0.3 cup pinenuts
- ☐ 0.3 cup walnuts
- ☐ 0.3 cup water

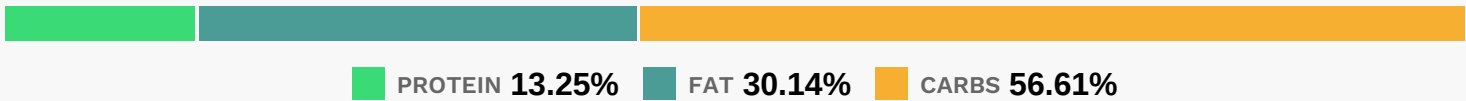
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Toast the nuts in a saute pan over medium heat until they become fragrant.
- ☐ Put the nuts onto a plate and set aside; when cool enough to handle, chop them roughly. In a small saucepan over medium heat, add the figs, dates, honey, water, lemon juice, and cinnamon stick. Cook for about 10 minutes until fruit is soft. Set aside and let it cool slightly; remove the cinnamon stick.
- ☐ Place the yogurt in a big bowl. Spoon the warm fruit onto the yogurt and gently swirl the fruit through the yogurt.
- ☐ Sprinkle on the nuts and garnish with mint leaves.
- ☐ Serve immediately.;

Nutrition Facts



Properties

Glycemic Index:50.07, Glycemic Load:29.52, Inflammation Score:-5, Nutrition Score:16.004347707914%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 435.8kcal (21.79%), Fat: 15.67g (24.11%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 66.24g (22.08%), Net Carbohydrates: 60.65g (22.06%), Sugar: 58.03g (64.48%), Cholesterol: 5mg (1.67%), Sodium: 40.27mg (1.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.02%), Manganese: 1.53mg (76.42%), Vitamin B2: 0.48mg (28.1%), Phosphorus: 273.4mg (27.34%), Fiber: 5.59g (22.34%), Magnesium: 87.9mg (21.97%), Copper: 0.44mg (21.8%), Vitamin E: 3.26mg (21.7%), Calcium: 188.54mg (18.85%), Selenium: 11.52µg (16.46%), Potassium: 571.23mg (16.32%), Zinc: 1.85mg (12.32%), Vitamin B6: 0.24mg (12.09%), Vitamin B12: 0.7µg (11.67%), Vitamin B1: 0.15mg (9.95%), Iron: 1.77mg (9.85%), Vitamin K: 8.83µg (8.41%), Folate: 31µg (7.75%), Vitamin B5: 0.77mg (7.73%), Vitamin B3: 1.51mg (7.54%), Vitamin C: 5.17mg (6.27%), Vitamin A: 161.06IU (3.22%)