



Greek Yogurt with Warm Black and Blueberry Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.7 cup blackberries frozen
- ☐ 0.7 cup blueberries frozen
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 cups greek yogurt plain 2% reduced-fat
- ☐ 0.3 cup sugar
- ☐ 0.5 cup water

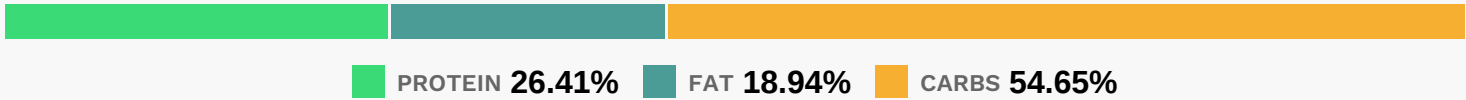
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine first 5 ingredients in a small saucepan. Bring mixture to a boil. Reduce heat to medium-low; gently boil 10 minutes or until sauce thickens. Stir in butter.
- ☐ Spoon 1/2 cup yogurt into each of 4 bowls; top each serving with about 1/4 cup sauce.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.27, Glycemic Load:10.18, Inflammation Score:-4, Nutrition Score:6.8530434784682%

Flavonoids

Cyanidin: 26.07mg, Cyanidin: 26.07mg, Cyanidin: 26.07mg, Cyanidin: 26.07mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 5.06mg, Peonidin: 5.06mg, Peonidin: 5.06mg, Peonidin: 5.06mg Catechin: 10.2mg, Catechin: 10.2mg, Catechin: 10.2mg, Catechin: 10.2mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 160.25kcal (8.01%), Fat: 3.47g (5.33%), Saturated Fat: 1.92g (12%), Carbohydrates: 22.49g (7.5%), Net Carbohydrates: 20.61g (7.49%), Sugar: 19.56g (21.74%), Cholesterol: 12.52mg (4.18%), Sodium: 60.67mg (2.64%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.87g (21.74%), Vitamin B2: 0.3mg (17.77%), Phosphorus: 145.68mg (14.57%), Selenium: 10.14µg (14.48%), Vitamin C: 10.34mg (12.53%), Manganese: 0.25mg (12.42%), Calcium: 121.74mg (12.17%), Vitamin B12: 0.71µg (11.77%), Vitamin K: 9.76µg (9.29%), Fiber: 1.89g (7.55%), Potassium: 207.69mg (5.93%), Zinc: 0.71mg (4.72%), Magnesium: 18.1mg (4.52%), Vitamin B5: 0.44mg (4.42%), Vitamin B6: 0.09mg (4.38%), Folate: 16.08µg (4.02%), Copper: 0.08mg (3.87%), Vitamin E: 0.52mg (3.49%), Vitamin A: 156.6IU (3.13%), Vitamin B1: 0.04mg (2.53%), Vitamin B3: 0.48mg (2.39%), Iron: 0.3mg (1.67%)