



## Honeybee Sundaes

 Vegetarian  Gluten Free  Dairy Free

READY IN



4 min.

SERVINGS



4

CALORIES



201 kcal

DESSERT

### Ingredients

- 4 teaspoons almonds sliced
- 2 cups vanilla yogurt frozen low-fat
- 4 tablespoons honey

### Equipment

### Directions

- Place 1/2 cup vanilla low-fat frozen yogurt in each of 4 dessert dishes.

Drizzle each serving with 1 tablespoon honey and 1 teaspoon sliced almonds.

## Nutrition Facts

 PROTEIN **7.16%**  FAT **25.62%**  CARBS **67.22%**

### Properties

Glycemic Index:15.57, Glycemic Load:9.06, Inflammation Score:-2, Nutrition Score:4.2300000184256%

### 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, 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: 201.48kcal (10.07%), Fat: 6.03g (9.27%), Saturated Fat: 2.61g (16.34%), Carbohydrates: 35.59g (11.86%), Net Carbohydrates: 35.05g (12.75%), Sugar: 34.69g (38.55%), Cholesterol: 1.44mg (0.48%), Sodium: 63.52mg (2.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin B2: 0.21mg (12.64%), Calcium: 114.98mg (11.5%), Phosphorus: 112.96mg (11.3%), Vitamin E: 1.1mg (7.35%), Manganese: 0.12mg (5.84%), Potassium: 192.16mg (5.49%), Magnesium: 21.3mg (5.32%), Vitamin B5: 0.5mg (4.97%), Copper: 0.08mg (3.88%), Selenium: 2.71µg (3.87%), Vitamin B12: 0.21µg (3.48%), Vitamin B6: 0.07mg (3.41%), Zinc: 0.47mg (3.16%), Vitamin A: 152.68IU (3.05%), Iron: 0.45mg (2.51%), Vitamin B1: 0.03mg (2.32%), Fiber: 0.54g (2.17%), Vitamin B3: 0.38mg (1.88%), Folate: 6.5µg (1.63%)