



Honeyed Yogurt and Mixed Berries with Whole-Grain Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup blackberries fresh
- 2 tablespoons honey
- 2 tablespoons juice of lemon fresh
- 2 cups vanilla yogurt low-fat
- 2 cups raspberries fresh
- 1 cup strawberries quartered
- 0.3 cup sugar

- 4 teaspoons wheat germ toasted
- 4 frangelico frozen toasted

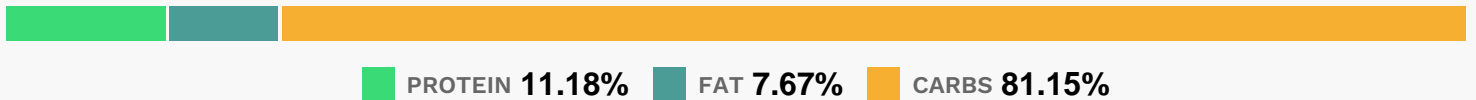
Equipment

- bowl
- sieve
- colander
- cheesecloth

Directions

- Drain yogurt in a fine sieve or colander lined with cheesecloth for 10 minutes; spoon into a bowl.
- Add honey, stirring to combine.
- Combine berries, sugar, and juice; let stand 5 minutes.
- Place 1 waffle on each of 4 plates; top each serving with 1 cup fruit mixture, about 1/3 cup yogurt mixture, and 1 teaspoon wheat germ.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.34, Glycemic Load:18.19, Inflammation Score:-6, Nutrition Score:14.348695661711%

Flavonoids

Cyanidin: 64.05mg, Cyanidin: 64.05mg, Cyanidin: 64.05mg, Cyanidin: 64.05mg Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 9.7mg, Pelargonidin: 9.7mg, Pelargonidin: 9.7mg, Pelargonidin: 9.7mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 15.25mg, Catechin: 15.25mg, Catechin: 15.25mg, Catechin: 15.25mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 3.94mg, Epicatechin: 3.94mg, Epicatechin: 3.94mg, Epicatechin: 3.94mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.61mg

Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg
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: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg,
Naringenin: 0.2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin:
0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.35mg, Quercetin: 2.35mg,
Quercetin: 2.35mg, Quercetin: 2.35mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 263.66kcal (13.18%), Fat: 2.37g (3.65%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 56.56g (18.85%),
Net Carbohydrates: 49.85g (18.13%), Sugar: 48.52g (53.91%), Cholesterol: 6.13mg (2.04%), Sodium: 82.95mg
(3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.58%), Vitamin C: 48.38mg (58.65%),
Manganese: 0.92mg (46.07%), Fiber: 6.7g (26.81%), Calcium: 242.31mg (24.23%), Phosphorus: 208.77mg (20.88%),
Vitamin B2: 0.3mg (17.62%), Potassium: 494.71mg (14.13%), Vitamin K: 12.72µg (12.12%), Folate: 48.24µg (12.06%),
Magnesium: 47.73mg (11.93%), Zinc: 1.66mg (11.08%), Vitamin B12: 0.65µg (10.82%), Vitamin B5: 1.06mg (10.57%),
Selenium: 7.39µg (10.56%), Copper: 0.16mg (8.04%), Vitamin E: 1.08mg (7.22%), Vitamin B1: 0.11mg (7.14%), Vitamin
B6: 0.13mg (6.74%), Iron: 0.99mg (5.51%), Vitamin B3: 0.95mg (4.75%), Vitamin A: 154.29IU (3.09%)