



Lemony Greek Yogurt with Shortbread Cookies

READY IN



5 min.

SERVINGS



4

CALORIES



220 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup lemon curd jarred (stir to loosen)
- ☐ 2 tablespoons pinenuts
- ☐ 1.3 cups greek yogurt plain low-fat
- ☐ 4 shortbread cookies

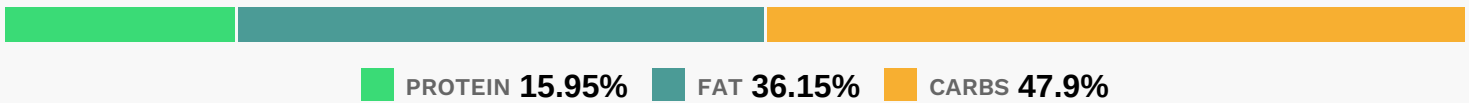
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Warm a small skillet over medium heat.
- ☐ Add pine nuts and cook, shaking pan frequently, until nuts are just toasted, about 2 minutes.
- ☐ Transfer to a bowl to cool.
- ☐ Place 1/3 cup yogurt in each of 4 dessert dishes. Swirl in 2 Tbsp. lemon curd.
- ☐ Sprinkle each portion with 1 1/2 tsp. pine nuts.
- ☐ Serve with shortbread cookies.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:4, Inflammation Score:-1, Nutrition Score:5.4439130990725%

Nutrients (% of daily need)

Calories: 220.35kcal (11.02%), Fat: 8.89g (13.67%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 26.5g (8.83%), Net Carbohydrates: 26.12g (9.5%), Sugar: 21.47g (23.86%), Cholesterol: 3.33mg (1.11%), Sodium: 144.15mg (6.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.65%), Manganese: 0.49mg (24.45%), Vitamin B2: 0.23mg (13.53%), Phosphorus: 126.02mg (12.6%), Selenium: 7.26µg (10.36%), Vitamin B12: 0.47µg (7.78%), Calcium: 76.1mg (7.61%), Magnesium: 21.28mg (5.32%), Zinc: 0.72mg (4.83%), Vitamin E: 0.72mg (4.78%), Vitamin B1: 0.07mg (4.54%), Copper: 0.09mg (4.32%), Potassium: 132.65mg (3.79%), Folate: 14.47µg (3.62%), Vitamin K: 3.8µg (3.61%), Iron: 0.62mg (3.45%), Vitamin B3: 0.69mg (3.44%), Vitamin B6: 0.05mg (2.72%), Vitamin B5: 0.27mg (2.67%), Fiber: 0.37g (1.49%)