



 **21%**
HEALTH SCORE

Mixed Berry Yogurt with Almonds

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



336 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup berries mixed frozen thawed (if from)
- 0.3 cup rolled oats whole
- 1 cup greek yogurt plain (nonfat,)
- 10 almonds whole

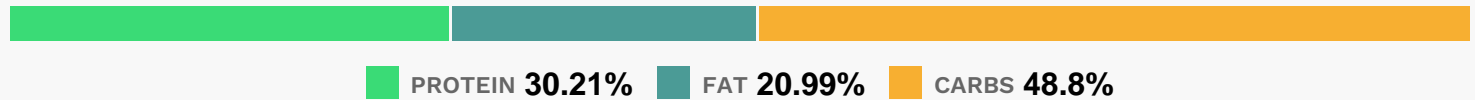
Equipment

- bowl

Directions

You can put this together a variety of ways. It looks great layered in a glass cup or bowl. Variations. This breakfast lends itself to endless variations. If this is for dessert and you want something more decadent, use a creamier vanilla yogurt or layer in a bit of maple syrup on top of the yogurt. Any kind of nut will do (Toast them for maximum crunch and flavor). If you don't have berries on hand, this works well with just about any fruit.

Nutrition Facts



Properties

Glycemic Index: 50, Glycemic Load: 4.76, Inflammation Score: -6, Nutrition Score: 19.478695652174%

Flavonoids

Cyanidin: 7mg, Cyanidin: 7mg, Cyanidin: 7mg, Cyanidin: 7mg Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg Delphinidin: 33.46mg, Delphinidin: 33.46mg, Delphinidin: 33.46mg, Delphinidin: 33.46mg Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 2.73mg, Myricetin: 2.73mg, Myricetin: 2.73mg, Myricetin: 2.73mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

Taste

Sweetness: 100%, Saltiness: 59.03%, Sourness: 29.71%, Bitterness: 19.09%, Savoriness: 45.77%, Fattiness: 67.35%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 335.77kcal (16.79%), Fat: 8.04g (12.37%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 42.07g (14.02%), Net Carbohydrates: 34.59g (12.58%), Sugar: 20.27g (22.53%), Cholesterol: 10mg (3.33%), Sodium: 74.87mg (3.26%), Protein: 26.05g (52.09%), Manganese: 1.21mg (60.51%), Vitamin B2: 0.76mg (44.99%), Phosphorus: 420.26mg (42.03%), Selenium: 26.22µg (37.46%), Fiber: 7.48g (29.93%), Calcium: 271.84mg (27.18%), Vitamin K:

25.83µg (24.6%), Vitamin B12: 1.4µg (23.33%), Vitamin E: 3.41mg (22.73%), Magnesium: 84.72mg (21.18%), Zinc: 2.22mg (14.79%), Potassium: 512.38mg (14.64%), Vitamin B1: 0.21mg (13.82%), Copper: 0.27mg (13.37%), Vitamin B6: 0.25mg (12.67%), Vitamin B5: 1.13mg (11.3%), Iron: 1.65mg (9.17%), Vitamin B3: 1.82mg (9.09%), Folate: 35.74µg (8.93%), Vitamin C: 3.88mg (4.7%), Vitamin A: 79.4IU (1.59%)