



Orange, Blackberry, and Honey Dessert Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons almonds toasted sliced
- ☐ 1 cup blackberries
- ☐ 0.5 pint vanilla yogurt frozen low-fat
- ☐ 1 tablespoon honey
- ☐ 1 cup navel orange sections
- ☐ 1 tablespoon orange juice fresh
- ☐ 0.5 pint raspberry sorbet

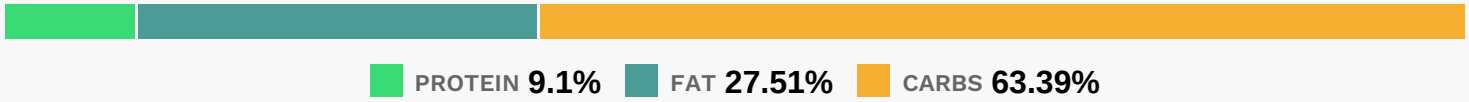
Equipment

- ☐ bowl
- ☐ cutting board

Directions

- ☐ Combine the oranges (and any juices from the cutting board), blackberries, honey, and juice in a medium bowl.
- ☐ Divide the sorbet and yogurt among 4 bowls. Top with the fruit and sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:45.44, Glycemic Load:4.76, Inflammation Score:-6, Nutrition Score:10.669565247453%

Flavonoids

Cyanidin: 36.23mg, Cyanidin: 36.23mg, Cyanidin: 36.23mg, Cyanidin: 36.23mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.47mg, Catechin: 13.47mg, Catechin: 13.47mg, Catechin: 13.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 12.77mg, Hesperetin: 12.77mg, Hesperetin: 12.77mg, Hesperetin: 12.77mg Naringenin: 7.03mg, Naringenin: 7.03mg, Naringenin: 7.03mg, Naringenin: 7.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 279.79kcal (13.99%), Fat: 8.84g (13.6%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 45.8g (15.27%), Net Carbohydrates: 40.42g (14.7%), Sugar: 36.5g (40.56%), Cholesterol: 1.18mg (0.39%), Sodium: 91.8mg (3.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.16%), Vitamin C: 34.12mg (41.36%), Manganese: 0.48mg (24.21%), Fiber: 5.38g (21.52%), Vitamin E: 3.13mg (20.86%), Vitamin B2: 0.28mg (16.3%), Calcium: 140.7mg (14.07%), Phosphorus: 139.55mg (13.96%), Magnesium: 47.55mg (11.89%), Copper: 0.21mg (10.5%), Potassium: 349.1mg (9.97%), Folate: 31.83µg (7.96%), Vitamin K: 7.31µg (6.96%), Vitamin B5: 0.65mg (6.52%), Vitamin A: 312.28IU (6.25%), Vitamin B1: 0.09mg (6.17%), Zinc: 0.8mg (5.31%), Vitamin B6: 0.1mg (5.09%), Iron: 0.85mg (4.71%), Vitamin B3: 0.91mg (4.57%), Selenium: 2.78µg (3.97%), Vitamin B12: 0.17µg (2.86%)