



Orange Yogurt



Vegetarian



Gluten Free

READY IN



13 min.

SERVINGS



4

CALORIES



309 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup honey good
- ☐ 1 quart yogurt plain low-fat
- ☐ 0.5 cup orange juice freshly squeezed
- ☐ 1 orange zest grated
- ☐ 0.3 cup raisins
- ☐ 1.5 teaspoons vanilla extract pure
- ☐ 0.3 cup walnuts chopped

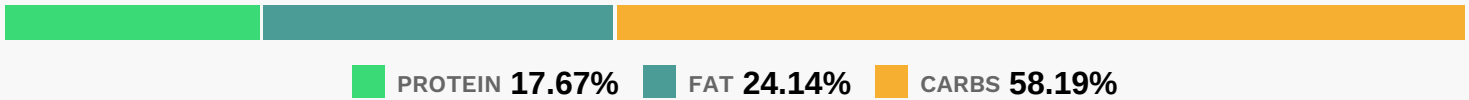
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Watch how to make this recipe.
- ☐ Line a sieve with cheesecloth or paper towels and suspend it over a bowl.
- ☐ Pour the yogurt into the sieve and allow it to drain, refrigerated, for 3 hours or overnight.
- ☐ Place the thickened yogurt into a medium bowl and stir in the raisins, walnuts, vanilla, honey, and orange zest. Thin with orange juice until it is a desirable consistency.
- ☐ Garnish with sections of orange, orange zest, raisins, or walnuts and serve.

Nutrition Facts



Properties

Glycemic Index:45.77, Glycemic Load:14.67, Inflammation Score:-5, Nutrition Score:13.966956413311%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 309.29kcal (15.46%), Fat: 8.55g (13.16%), Saturated Fat: 2.84g (17.74%), Carbohydrates: 46.39g (15.46%), Net Carbohydrates: 44.86g (16.31%), Sugar: 37.04g (41.15%), Cholesterol: 14.2mg (4.73%), Sodium: 169.68mg (7.38%), Alcohol: 0.52g (100%), Alcohol %: 0.21% (100%), Protein: 14.09g (28.17%), Calcium: 452.34mg (45.23%), Phosphorus: 379.62mg (37.96%), Vitamin B2: 0.56mg (32.66%), Vitamin C: 22.16mg (26.86%), Vitamin B12: 1.32µg (22.08%), Potassium: 742.23mg (21.21%), Zinc: 2.42mg (16.13%), Manganese: 0.31mg (15.4%), Vitamin B5: 1.53mg (15.33%), Magnesium: 59.17mg (14.79%), Selenium: 8.45µg (12.07%), Vitamin B1: 0.17mg (11.39%), Folate: 44.09µg (11.02%), Copper: 0.2mg (9.98%), Vitamin B6: 0.2mg (9.77%), Fiber: 1.53g (6.11%), Iron: 0.81mg (4.52%), Vitamin A: 196.72IU (3.93%), Vitamin B3: 0.64mg (3.18%)