



Oranges and Raspberries with Lavender Honey and Yogurt



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

SIDE DISH

Ingredients

- ☐ 4 cups vanilla yogurt frozen low-fat
- ☐ 1 cup honey
- ☐ 1 tablespoon lavender blossoms dried
- ☐ 1 tablespoon orange rind grated
- ☐ 4 cups orange sections (6 large oranges)
- ☐ 2 cups raspberries fresh

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine honey and dried lavender blossoms in a small saucepan. Cook over low heat 20 minutes.
- ☐ Remove from heat; cool.
- ☐ Pour mixture through a sieve over a small bowl; discard solids.
- ☐ Combine orange sections, raspberries, rind, and 1/2 cup lavender honey in a large bowl; toss to coat. Cover and chill 1 hour.
- ☐ Spoon fruit mixture over frozen yogurt.
- ☐ Drizzle with remaining 1/2 cup lavender honey.
- ☐ Garnish with fresh lavender, if desired.

Nutrition Facts



Properties

Glycemic Index:15.1, Glycemic Load:22.22, Inflammation Score:-6, Nutrition Score:9.9934782761595%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 302.85kcal (15.14%), Fat: 4.36g (6.7%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 66.92g (22.31%), Net Carbohydrates: 62.65g (22.78%), Sugar: 61.81g (68.68%), Cholesterol: 1.44mg (0.48%), Sodium: 64.66mg (2.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.49%), Vitamin C: 57.77mg (70.03%), Fiber: 4.27g (17.1%), Calcium: 154.34mg (15.43%), Manganese: 0.27mg (13.3%), Vitamin B2: 0.23mg (13.26%), Phosphorus: 116.03mg (11.6%), Potassium: 383.74mg (10.96%), Folate: 38.69µg (9.67%), Vitamin B5: 0.82mg (8.21%), Vitamin B1: 0.12mg (7.7%), Vitamin A: 373.82IU (7.48%), Vitamin B6: 0.14mg (6.98%), Magnesium: 26.69mg (6.67%), Copper: 0.11mg (5.61%), Selenium: 3.23µg (4.62%), Iron: 0.73mg (4.08%), Zinc: 0.59mg (3.91%), Vitamin B3: 0.7mg (3.49%), Vitamin B12: 0.21µg (3.48%), Vitamin E: 0.5mg (3.36%), Vitamin K: 2.56µg (2.43%)