



## Peach and Raspberry Almond Swirls

 Vegetarian  Gluten Free

READY IN



190 min.

SERVINGS



3

CALORIES



455 kcal

SIDE DISH

### Ingredients

- 0.3 cup almonds toasted sliced
- 0.3 cup honey good
- 2 teaspoons orange zest grated
- 1 peaches diced peeled
- 0.5 cup peach nectar
- 4 cups yogurt plain
- 0.3 cup raisins
- 0.5 pint raspberries fresh

1.5 teaspoons vanilla extract pure

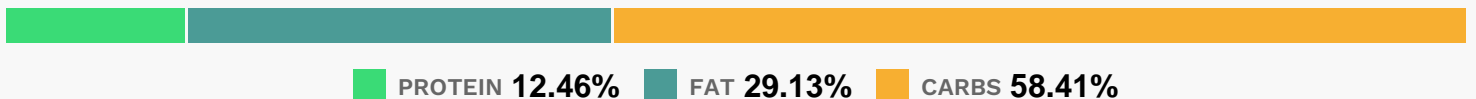
## Equipment

- bowl
- paper towels
- sieve
- cheesecloth

## Directions

- 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 add the almonds (reserving 1 tablespoon for the garnish), honey, vanilla, and orange zest. Thin with peach nectar until it is a desirable consistency.
- Add the raisins, peach (reserving 1 tablespoon for garnish) and raspberries (reserving 2 tablespoons for garnish).
- Garnish with the reserved almonds, peach and raspberries.

## Nutrition Facts



## Properties

Glycemic Index:68.77, Glycemic Load:23.03, Inflammation Score:-7, Nutrition Score:19.710000152173%

## Flavonoids

Cyanidin: 37.24mg, Cyanidin: 37.24mg, Cyanidin: 37.24mg, Cyanidin: 37.24mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 3.59mg, Catechin: 3.59mg, Catechin: 3.59mg, Catechin: 3.59mg Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg Epicatechin: 3.99mg, Epicatechin: 3.99mg, Epicatechin: 3.99mg, Epicatechin: 3.99mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate:

0.58mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

## **Nutrients (% of daily need)**

Calories: 454.7kcal (22.74%), Fat: 15.4g (23.69%), Saturated Fat: 7.2g (45%), Carbohydrates: 69.47g (23.16%), Net Carbohydrates: 61.58g (22.39%), Sugar: 51.7g (57.45%), Cholesterol: 42.47mg (14.16%), Sodium: 166.93mg (7.26%), Alcohol: 0.69g (100%), Alcohol %: 0.16% (100%), Protein: 14.81g (29.63%), Calcium: 447.54mg (44.75%), Manganese: 0.81mg (40.72%), Phosphorus: 392.92mg (39.29%), Vitamin B2: 0.64mg (37.58%), Vitamin C: 26.95mg (32.67%), Fiber: 7.9g (31.58%), Potassium: 875.23mg (25.01%), Vitamin E: 3.33mg (22.22%), Magnesium: 87.63mg (21.91%), Vitamin B12: 1.21µg (20.14%), Zinc: 2.71mg (18.04%), Vitamin B5: 1.7mg (17.03%), Copper: 0.28mg (13.76%), Selenium: 9.1µg (13.01%), Vitamin B1: 0.19mg (12.53%), Vitamin A: 625.17IU (12.5%), Folate: 47.54µg (11.89%), Vitamin B6: 0.22mg (10.93%), Iron: 1.64mg (9.09%), Vitamin K: 8.8µg (8.38%), Vitamin B3: 1.62mg (8.12%), Vitamin D: 0.33µg (2.18%)