



Peach-Blackberry-Yogurt Fruit Cups

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



194 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup blackberries
- ☐ 0.3 cup cereal
- ☐ 1.5 cups greek yogurt
- ☐ 3 tablespoons honey
- ☐ 4 servings garnish: additional honey
- ☐ 2 peaches ripe

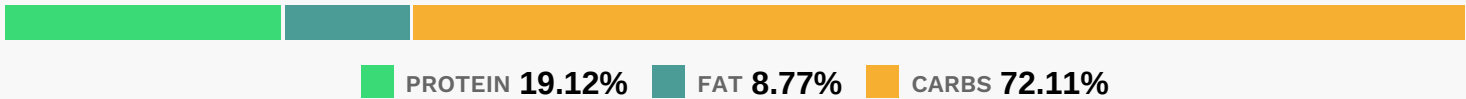
Equipment

- ☐ bowl

Directions

- ☐ Peel and slice peaches. Stir together yogurt and 3 Tbsp. honey. Divide peaches, blackberries, yogurt mixture, and granola among 4 glass bowls.
- ☐ Drizzle with additional honey, if desired.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Big Sky Bread Company granola.

Nutrition Facts



Properties

Glycemic Index:42.45, Glycemic Load:12.66, Inflammation Score:-4, Nutrition Score:8.1782608032227%

Flavonoids

Cyanidin: 28.43mg, Cyanidin: 28.43mg, Cyanidin: 28.43mg, Cyanidin: 28.43mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 13.7mg, Catechin: 13.7mg, Catechin: 13.7mg, Catechin: 13.7mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 3.01mg, Epicatechin: 3.01mg, Epicatechin: 3.01mg, Epicatechin: 3.01mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 193.63kcal (9.68%), Fat: 1.99g (3.06%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 33.77g (12.28%), Sugar: 30.3g (33.66%), Cholesterol: 3.75mg (1.25%), Sodium: 40.45mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.5%), Manganese: 0.45mg (22.47%), Vitamin B2: 0.26mg (15.49%), Selenium: 10.61µg (15.16%), Phosphorus: 147.77mg (14.78%), Fiber: 3g (11.99%), Vitamin C: 8.87mg (10.75%), Calcium: 102mg (10.2%), Vitamin B12: 0.53µg (8.84%), Potassium: 282.4mg (8.07%), Vitamin E: 1.16mg (7.76%), Vitamin K: 7.93µg (7.55%), Copper: 0.15mg (7.31%), Magnesium: 27.04mg (6.76%), Vitamin A: 305.28IU (6.11%), Zinc: 0.92mg (6.1%), Vitamin B3: 1.04mg (5.19%), Iron: 0.9mg (5.01%), Vitamin B5: 0.5mg (4.96%), Folate: 19.55µg (4.89%), Vitamin B6: 0.09mg (4.47%), Vitamin B1: 0.06mg (4.24%)