



Persimmons with Greek Yogurt and Pistachios

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

SIDE DISH

Ingredients

- 0.3 cup bulgar wheat
- 4 persimmon ripe cut into 6 wedges
- 2 cups greek yogurt plain
- 8 servings sea salt (such as Maldon)
- 0.5 cup pistachios raw unsalted shelled finely chopped

Equipment

- bowl

Directions

- Divide yogurt among plates or bowls. Top with persimmons and pistachios, drizzle with honey, and sprinkle with salt.

Nutrition Facts

PROTEIN 15.17% **FAT 17.45%** **CARBS 67.38%**

Properties

Glycemic Index:12.75, Glycemic Load:16.34, Inflammation Score:-3, Nutrition Score:8.8569567022116%

Flavonoids

Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 205.45kcal (10.27%), Fat: 4.28g (6.59%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 37.2g (12.4%), Net Carbohydrates: 35.7g (12.98%), Sugar: 2.23g (2.48%), Cholesterol: 2.5mg (0.83%), Sodium: 213.16mg (9.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.75%), Vitamin C: 55.67mg (67.48%), Phosphorus: 150.47mg (15.05%), Iron: 2.6mg (14.46%), Potassium: 441.17mg (12.6%), Vitamin B2: 0.19mg (11.09%), Manganese: 0.19mg (9.63%), Copper: 0.19mg (9.29%), Selenium: 6.31µg (9.01%), Calcium: 87.8mg (8.78%), Magnesium: 30.25mg (7.56%), Vitamin B6: 0.13mg (6.65%), Fiber: 1.5g (6%), Vitamin B12: 0.35µg (5.83%), Vitamin B1: 0.07mg (4.77%), Zinc: 0.62mg (4.1%), Vitamin B3: 0.71mg (3.54%), Vitamin B5: 0.29mg (2.92%), Folate: 9.55µg (2.39%), Vitamin E: 0.17mg (1.15%)