



Poached Fruit over Vanilla Frozen Yogurt



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



245 kcal

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 1.5 cups no-sugar-added cranberry juice
- ☐ 8 ounce fruit mixed dried coarsely chopped ()
- ☐ 2 orange rind strips ()
- ☐ 0.1 teaspoon salt
- ☐ 3 cups vanilla greek yogurt frozen
- ☐ 0.3 cup slivered almonds toasted

Equipment

- ☐ bowl

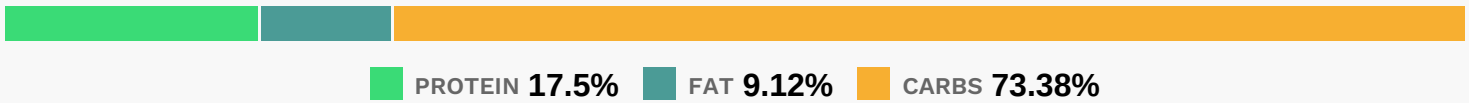
☐ sauce pan

Directions

☐ Bring juice, salt, orange rind, fruit, and cinnamon stick to a boil in a small saucepan. Reduce heat to low, and simmer 10 minutes. Cool slightly. Scoop 1/2 cup frozen yogurt into each of 6 bowls, and top each serving with about 1/4 cup fruit mixture and about 2 teaspoons toasted almonds.

☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:10.67, Inflammation Score:-3, Nutrition Score:6.8134782521621%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 245.39kcal (12.27%), Fat: 2.69g (4.14%), Saturated Fat: 0.23g (1.47%), Carbohydrates: 48.68g (16.23%), Net Carbohydrates: 43.62g (15.86%), Sugar: 39.59g (43.99%), Cholesterol: 3.78mg (1.26%), Sodium: 87.77mg (3.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.61g (23.22%), Fiber: 5.06g (20.26%), Manganese: 0.4mg (19.88%), Vitamin C: 11.8mg (14.3%), Vitamin E: 2.07mg (13.8%), Potassium: 451.88mg (12.91%), Magnesium: 42.88mg (10.72%), Copper: 0.2mg (9.77%), Calcium: 91.85mg (9.18%), Vitamin K: 9.3µg (8.86%), Iron: 1.17mg (6.52%), Vitamin B2: 0.1mg (5.74%), Phosphorus: 56.41mg (5.64%), Vitamin B6: 0.09mg (4.35%), Vitamin B1: 0.05mg (3.47%), Zinc: 0.47mg (3.16%), Vitamin B3: 0.5mg (2.49%), Vitamin B5: 0.21mg (2.07%), Folate: 7.25µg (1.81%), Vitamin A: 50.81IU (1.02%)