



Raspberries with Chocolate Yogurt Mousse



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon honey
- ☐ 0.5 cup greek yogurt plain low-fat
- ☐ 0.3 cup raspberries fresh
- ☐ 1 tablespoon cocoa unsweetened

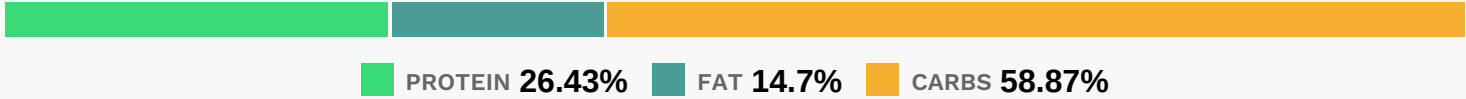
Equipment

- ☐ bowl

Directions

☐ Combine yogurt, cocoa, and honey in a serving bowl. Stir until blended. Top with raspberries.

Nutrition Facts



Properties

Glycemic Index:78.27, Glycemic Load:9.44, Inflammation Score:-3, Nutrition Score:4.9026086174923%

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: 3.63mg, Catechin: 3.63mg, Catechin: 3.63mg, Catechin: 3.63mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 10.88mg, Epicatechin: 10.88mg, Epicatechin: 10.88mg, Epicatechin: 10.88mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 176.72kcal (8.84%), Fat: 3.14g (4.83%), Saturated Fat: 1.77g (11.03%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 24.45g (8.89%), Sugar: 23.17g (25.75%), Cholesterol: 6.55mg (2.18%), Sodium: 48.52mg (2.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.5mg (3.83%), Protein: 12.7g (25.41%), Manganese: 0.41mg (20.48%), Fiber: 3.84g (15.37%), Calcium: 147.37mg (14.74%), Copper: 0.22mg (11.2%), Vitamin C: 7.97mg (9.65%), Magnesium: 31.97mg (7.99%), Iron: 0.99mg (5.5%), Phosphorus: 46.24mg (4.62%), Potassium: 132.22mg (3.78%), Zinc: 0.51mg (3.42%), Vitamin K: 2.46µg (2.35%), Folate: 8.32µg (2.08%), Vitamin B2: 0.03mg (1.85%), Vitamin E: 0.27mg (1.77%), Vitamin B3: 0.31mg (1.57%), Vitamin A: 75.44IU (1.51%), Vitamin B6: 0.03mg (1.37%), Selenium: 0.94µg (1.35%), Vitamin B5: 0.13mg (1.26%)