



Raspberries with Chocolate Yogurt Mousse

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



168 kcal

SIDE DISH

Ingredients

- 1 tablespoon honey
- 0.5 cup yogurt plain low-fat greek-style
- 0.3 cup raspberries
- 1 tablespoon cocoa powder unsweetened

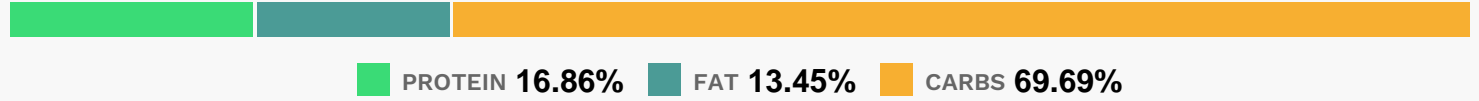
Equipment

- bowl

Directions

Combine yogurt, cocoa, and honey in a small bowl. Top with raspberries.

Nutrition Facts



Properties

Glycemic Index:78.27, Glycemic Load:9.44, Inflammation Score:-4, Nutrition Score:9.3039130438929%

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: 168.01kcal (8.4%), Fat: 2.78g (4.28%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 28.55g (10.38%), Sugar: 27.28g (30.31%), Cholesterol: 7.35mg (2.45%), Sodium: 87.94mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.5mg (3.83%), Protein: 7.83g (15.67%), Calcium: 239.34mg (23.93%), Phosphorus: 222.64mg (22.26%), Manganese: 0.41mg (20.73%), Vitamin B2: 0.29mg (17.27%), Fiber: 3.84g (15.37%), Magnesium: 52.79mg (13.2%), Copper: 0.24mg (12%), Potassium: 418.87mg (11.97%), Vitamin B12: 0.69µg (11.43%), Vitamin C: 8.94mg (10.84%), Zinc: 1.6mg (10.69%), Vitamin B5: 0.85mg (8.5%), Selenium: 4.99µg (7.12%), Iron: 1.09mg (6.05%), Folate: 21.8µg (5.45%), Vitamin B1: 0.07mg (4.49%), Vitamin B6: 0.09mg (4.37%), Vitamin K: 2.71µg (2.58%), Vitamin B3: 0.45mg (2.27%), Vitamin E: 0.3mg (2.02%), Vitamin A: 72.38IU (1.45%)