



Raspberry Yogurt Cheese with Gingersnaps

READY IN



45 min.

SERVINGS



6

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 12 gingersnaps
- ☐ 4 tablespoons honey
- ☐ 1.5 cups raspberries for garnishing
- ☐ 3 cups yogurt plain

Equipment

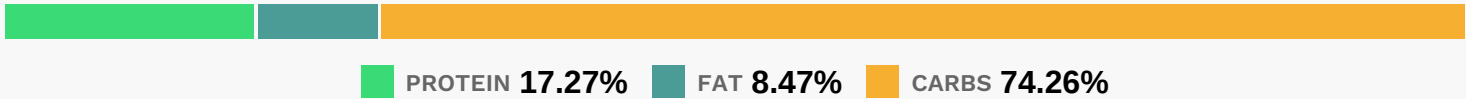
- ☐ bowl
- ☐ paper towels
- ☐ sieve

- ☐ plastic wrap
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Place the raspberries and 2 tablespoons of the honey in a medium bowl and stir gently.
- ☐ Add the yogurt and carefully fold in the berries until thoroughly combined; some berries should remain whole.
- ☐ Place a large strainer or colander in a medium bowl and line it with 4 layers of cheesecloth or plain white paper towels, allowing the cloth to extend beyond the edge of the strainer. Spoon the yogurt mixture onto the cloth, cover loosely with plastic wrap, and refrigerate for at least 8 hours. Turn the yogurt cheese onto a serving plate and remove the cloth. Discard the drained liquid.
- ☐ Drizzle the remaining honey over the yogurt cheese. Use the gingersnaps as crackers, topping them with the cheese and extra berries.Tip: You can also serve the Raspberry Yogurt Cheese with bagels and breads.

Nutrition Facts



Properties

Glycemic Index:13.05, Glycemic Load:6.44, Inflammation Score:-3, Nutrition Score:9.1773913062137%

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: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg 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: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 185kcal (9.25%), Fat: 1.79g (2.75%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 35.28g (11.76%), Net Carbohydrates: 32.99g (12%), Sugar: 25.01g (27.79%), Cholesterol: 2.45mg (0.82%), Sodium: 172.88mg (7.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.41%), Calcium: 262.89mg (26.29%), Manganese: 0.44mg (21.8%), Phosphorus: 213.21mg (21.32%), Vitamin B2: 0.34mg (20.26%), Vitamin B12: 0.75µg (12.45%), Potassium: 413.39mg (11.81%), Vitamin C: 9.03mg (10.95%), Zinc: 1.42mg (9.48%), Vitamin B5: 0.95mg (9.47%), Magnesium: 37.01mg (9.25%), Fiber: 2.29g (9.14%), Folate: 33.46µg (8.36%), Selenium: 5.3µg (7.57%), Iron: 1.27mg (7.07%), Vitamin B1: 0.1mg (6.43%), Vitamin B6: 0.1mg (4.93%), Copper: 0.09mg (4.66%), Vitamin B3: 0.8mg (4.01%), Vitamin K: 2.93µg (2.8%), Vitamin E: 0.4mg (2.65%)