



Sweet Yogurt Cheese with Minted Strawberries

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons confectioners sugar
- ☐ 6 ounces cream cheese softened
- ☐ 0.5 cup mint leaves fresh
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup yogurt plain
- ☐ 10 large strawberries sliced
- ☐ 0.3 teaspoon vanilla
- ☐ 0.3 cup water

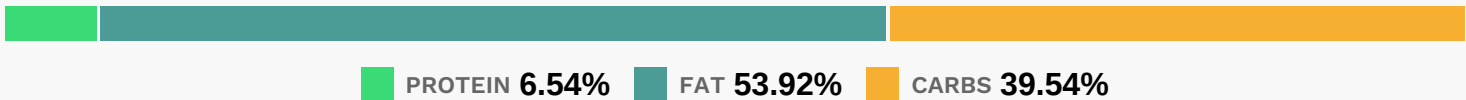
Equipment

- ☐ bowl
- ☐ sieve

Directions

- ☐ Bring water and granulated sugar to a boil, stirring until sugar is dissolved, and stir in mint.
- ☐ Remove from heat and steep 10 minutes.
- ☐ While mixture is steeping, beat cream cheese until fluffy and beat in yogurt, confectioners sugar, and vanilla. Chill yogurt cheese 15 minutes.
- ☐ Pour syrup through a sieve over berries in a bowl, pressing hard on mint, and chill 10 minutes.
- ☐ Serve strawberries and syrup over a dollop of yogurt cheese.

Nutrition Facts



Properties

Glycemic Index:39.02, Glycemic Load:11.16, Inflammation Score:-6, Nutrition Score:7.8582608058401%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 16.77mg, Pelargonidin: 16.77mg, Pelargonidin: 16.77mg, Pelargonidin: 16.77mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

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Nutrients (% of daily need)

Calories: 257.46kcal (12.87%), Fat: 15.92g (24.49%), Saturated Fat: 9.26g (57.85%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 24.47g (8.9%), Sugar: 22.75g (25.27%), Cholesterol: 46.93mg (15.64%), Sodium: 151.25mg (6.58%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 4.34g (8.68%), Vitamin C: 41.63mg (50.46%), Vitamin A: 848.47IU (16.97%), Manganese: 0.33mg (16.69%), Calcium: 103.56mg (10.36%), Vitamin B2: 0.17mg (10.26%), Phosphorus: 94.92mg (9.49%), Fiber: 1.8g (7.2%), Folate: 28.58µg (7.15%), Potassium: 239.58mg (6.85%), Selenium: 4.7µg (6.71%), Magnesium: 21mg (5.25%), Vitamin B5: 0.47mg (4.65%), Vitamin E: 0.58mg (3.87%), Zinc: 0.55mg (3.69%), Vitamin B6: 0.07mg (3.63%), Iron: 0.63mg (3.52%), Vitamin B12: 0.21µg (3.45%), Copper: 0.07mg (3.29%), Vitamin B1: 0.04mg (2.63%), Vitamin K: 2.44µg (2.32%), Vitamin B3: 0.42mg (2.1%)