



Sweet Yogurt Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



48 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4.5 teaspoons honey
- ☐ 16 ounce yogurt plain low-fat
- ☐ 0.3 teaspoon vanilla extract

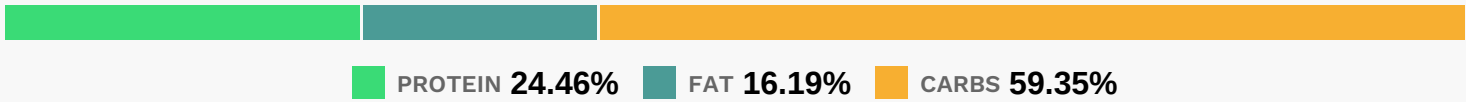
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ colander
- ☐ cheesecloth

Directions

☐ Place a colander in a 2-quart glass measure or medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over outside edges. Spoon yogurt into colander. Cover loosely with plastic wrap; refrigerate 24 hours. Spoon yogurt cheese into a bowl; discard liquid. Stir in honey and vanilla.

Nutrition Facts



Properties

Glycemic Index:6.53, Glycemic Load:1.69, Inflammation Score:-1, Nutrition Score:2.3652173966655%

Nutrients (% of daily need)

Calories: 48.05kcal (2.4%), Fat: 0.88g (1.35%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 7.24g (2.63%), Sugar: 7.24g (8.04%), Cholesterol: 3.4mg (1.13%), Sodium: 39.86mg (1.73%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 2.99g (5.98%), Calcium: 104.01mg (10.4%), Phosphorus: 81.81mg (8.18%), Vitamin B2: 0.12mg (7.23%), Vitamin B12: 0.32µg (5.29%), Potassium: 134.91mg (3.85%), Zinc: 0.51mg (3.42%), Vitamin B5: 0.34mg (3.38%), Selenium: 1.9µg (2.72%), Magnesium: 9.73mg (2.43%), Vitamin B1: 0.03mg (1.66%), Folate: 6.32µg (1.58%), Vitamin B6: 0.03mg (1.44%)