



Yiaourti Me Meli - Greek Yogurt, Honey and Nuts



Vegetarian



Gluten Free

READY IN



2 min.

SERVINGS



1

CALORIES



195 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

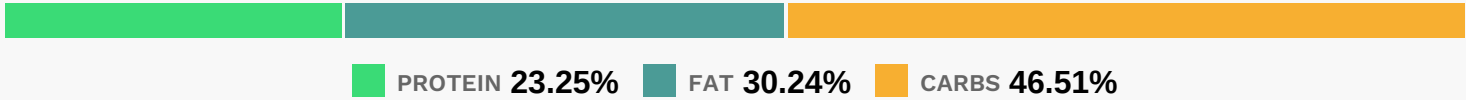
- ☐ 1 serving cinnamon to taste
- ☐ 0.5 cup greek yogurt
- ☐ 1 tbsp honey to taste
- ☐ 1 tbsp walnuts crushed

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Yiaourti Me Meli – Greek Yogurt, Honey and Nuts
- ☐ Ingredients1/2 cup Greek yogurt1 tbsp crushed walnuts
- ☐ Cinnamon to taste1 tbsp honey, more or less to taste
- ☐ Prep Time: 2 Minutes
- ☐ Servings: 1
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:77.27, Glycemic Load:9.19, Inflammation Score:-2, Nutrition Score:7.5617392963689%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg

Nutrients (% of daily need)

Calories: 195.18kcal (9.76%), Fat: 6.91g (10.64%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 23.93g (7.98%), Net Carbohydrates: 22.15g (8.06%), Sugar: 20.82g (23.13%), Cholesterol: 5mg (1.67%), Sodium: 37.24mg (1.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.93%), Manganese: 0.72mg (35.83%), Vitamin B2: 0.3mg (17.93%), Phosphorus: 172.72mg (17.27%), Selenium: 10.62µg (15.17%), Calcium: 142.1mg (14.21%), Vitamin B12: 0.7µg (11.67%), Copper: 0.19mg (9.52%), Magnesium: 28.42mg (7.11%), Fiber: 1.77g (7.1%), Vitamin B6: 0.13mg (6.3%), Zinc: 0.92mg (6.15%), Potassium: 204.64mg (5.85%), Folate: 17.34µg (4.34%), Vitamin B5: 0.41mg (4.09%), Vitamin B1: 0.06mg (3.77%), Iron: 0.62mg (3.42%), Vitamin B3: 0.38mg (1.88%)