



Yogurt-Berry Cups

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



299 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup blueberries
- ☐ 4 teaspoons honey
- ☐ 1 cup whole-milk yogurt plain
- ☐ 2.3 cups strawberries sliced
- ☐ 4 servings walnuts toasted chopped

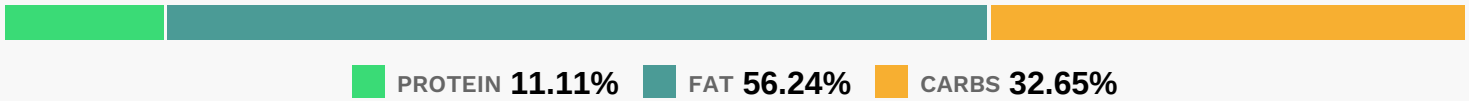
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk 4 teaspoons honey into 1 cup yogurt. Spoon 1 tablespoon yogurt mixture into each of 4 parfait glasses or small bowls.
- ☐ Layer each portion with 1/2 cup strawberries, 1 tablespoon yogurt mixture, 1/4 cup blueberries, 1 tablespoon yogurt mixture, and the remaining 1/4 cup strawberries. Finish with remaining 1 tablespoon yogurt mixture and 1 tablespoon chopped nuts.

Nutrition Facts



Properties

Glycemic Index:38.07, Glycemic Load:7.06, Inflammation Score:-6, Nutrition Score:15.691304178342%

Flavonoids

Cyanidin: 5.3mg, Cyanidin: 5.3mg, Cyanidin: 5.3mg, Cyanidin: 5.3mg Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg Delphinidin: 13.36mg, Delphinidin: 13.36mg, Delphinidin: 13.36mg, Delphinidin: 13.36mg Malvidin: 25.02mg, Malvidin: 25.02mg, Malvidin: 25.02mg, Malvidin: 25.02mg Pelargonidin: 20.13mg, Pelargonidin: 20.13mg, Pelargonidin: 20.13mg Peonidin: 7.55mg, Peonidin: 7.55mg, Peonidin: 7.55mg, Peonidin: 7.55mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 298.79kcal (14.94%), Fat: 20.04g (30.82%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 21.64g (7.87%), Sugar: 18.88g (20.98%), Cholesterol: 1.23mg (0.41%), Sodium: 49.22mg (2.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.81%), Manganese: 1.47mg (73.49%), Vitamin C: 52.19mg (63.26%), Copper: 0.55mg (27.43%), Phosphorus: 224.12mg (22.41%), Fiber: 4.53g (18.13%), Magnesium: 71.93mg (17.98%), Calcium: 166.89mg (16.69%), Folate: 58.55µg (14.64%), Vitamin B2: 0.22mg (13.18%), Potassium: 444.55mg (12.7%), Vitamin B6: 0.25mg (12.63%), Zinc: 1.71mg (11.39%), Vitamin B1: 0.16mg (10.99%), Vitamin K: 9.86µg (9.39%), Iron: 1.39mg (7.74%), Vitamin B5: 0.72mg (7.16%), Vitamin B12: 0.37µg (6.23%), Selenium: 4.09µg

(5.85%), Vitamin B3: 0.89mg (4.44%), Vitamin E: 0.66mg (4.37%)