



Yogurt Breakfast Bowl

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



404 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup poached berries fresh
- 1 sprigs cilantro leaves fresh
- 1 teaspoon curry powder
- 1 cup mango
- 0.5 cup cereal
- 0.3 cup honey
- 2 cups greek yogurt plain 2%

Equipment

frying pan

Directions

- In a small skillet, toast spice on low, stirring, until very fragrant, about 2minutes.
- Remove from heat, add honey and stir.
- Divide yogurt among 4bowls.
- Drizzle with spiced honey; top with granola, fruit and cilantro.
- Serve.

Nutrition Facts



PROTEIN 15.04% **FAT 7.49%** **CARBS 77.47%**

Properties

Glycemic Index:22.32, Glycemic Load:9.11, Inflammation Score:-10, Nutrition Score:14.280000095782%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 404.46kcal (20.22%), Fat: 3.44g (5.29%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 79.98g (26.66%), Net Carbohydrates: 74.78g (27.19%), Sugar: 58.18g (64.65%), Cholesterol: 5mg (1.67%), Sodium: 42.78mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.53g (31.06%), Vitamin A: 6290.06IU (125.8%), Manganese: 0.52mg (25.77%), Iron: 3.83mg (21.28%), Fiber: 5.2g (20.79%), Vitamin B2: 0.33mg (19.6%), Phosphorus: 187.96mg (18.8%), Selenium: 12.84µg (18.34%), Calcium: 162.36mg (16.24%), Vitamin C: 10.64mg (12.9%), Vitamin B12: 0.71µg (11.84%), Vitamin K: 9.25µg (8.81%), Magnesium: 28.65mg (7.16%), Potassium: 242.72mg (6.93%), Zinc: 0.93mg (6.21%), Vitamin E: 0.91mg (6.05%), Vitamin B6: 0.12mg (5.84%), Vitamin B1: 0.08mg (5.55%), Vitamin B5: 0.48mg (4.84%), Copper: 0.09mg (4.35%), Folate: 16.44µg (4.11%), Vitamin B3: 0.61mg (3.03%)