



Yogurt Delight



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



484 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



1 small container vanilla yogurt low-fat greek-style



6 mandarin orange segments



1 teaspoon pistachios chopped

Equipment

Directions



Top container of yogurt with mandarin orange segments and chopped pistachios.

Nutrition Facts



PROTEIN 12.2% FAT 9.31% CARBS 78.49%

Properties

Glycemic Index:60, Glycemic Load:25.56, Inflammation Score:-10, Nutrition Score:27.263043516356%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 41.92mg, Hesperetin: 41.92mg, Hesperetin: 41.92mg, Hesperetin: 41.92mg Naringenin: 52.91mg, Naringenin: 52.91mg, Naringenin: 52.91mg, Naringenin: 52.91mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 484.03kcal (24.2%), Fat: 5.38g (8.28%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 102.1g (34.03%), Net Carbohydrates: 92.39g (33.6%), Sugar: 87.45g (97.16%), Cholesterol: 11.35mg (3.78%), Sodium: 160.4mg (6.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.87g (31.75%), Vitamin C: 142.9mg (173.22%), Vitamin A: 3701.59IU (74.03%), Calcium: 585.63mg (58.56%), Phosphorus: 421.85mg (42.19%), Potassium: 1394.11mg (39.83%), Fiber: 9.71g (38.84%), Vitamin B2: 0.65mg (38.21%), Vitamin B1: 0.42mg (27.93%), Folate: 110.47µg (27.62%), Vitamin B6: 0.55mg (27.4%), Magnesium: 102.1mg (25.52%), Vitamin B5: 2.4mg (24.04%), Vitamin B12: 1.2µg (20.05%), Selenium: 11.79µg (16.84%), Zinc: 2.3mg (15.32%), Copper: 0.28mg (13.86%), Manganese: 0.24mg (11.95%), Vitamin B3: 2.25mg (11.27%), Vitamin E: 1.15mg (7.65%), Iron: 1.03mg (5.72%)