



Yogurt & Matcha Swirl with Mango



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups greek yogurt low-fat greek-style
- ☐ 1 mangos pitted ripe peeled cut into small cubes
- ☐ 1 teaspoon matcha tea powder
- ☐ 4 teaspoons sugar divided
- ☐ 3.5 ounces chocolate white chopped (such as Lindt or Perugina)

Equipment

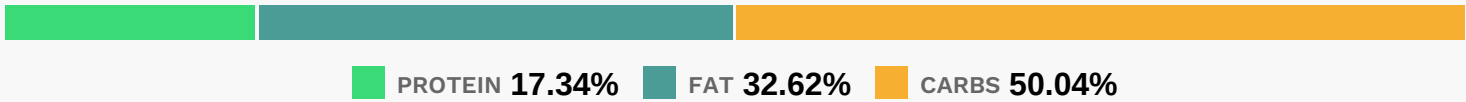
- ☐ bowl
- ☐ sauce pan

☐ whisk

Directions

- ☐ Mix mango with 2 teaspoons sugar.
- ☐ Let maceratefor 30 minutes.
- ☐ Place white chocolatein a metal bowl set over a saucepan ofsimmering water and stir until melted.
- ☐ Remove from heat and whisk until smooth.
- ☐ Let cool slightly. Gradually whisk in yogurt.Divide mixture between 2 small bowls.
- ☐ Whisk remaining 2 teaspoons sugar and matchapowder in another small bowl.
- ☐ Add 1 tablespoonhot water; whisk to form a thick paste.
- ☐ Addpaste to 1 bowl with white chocolate–yogurtmixture; whisk to blend well.
- ☐ Divide mango among 4 Old Fashionedglasses. Make a well in green yogurt mixtureand pour white yogurt mixture into center.Fold once or twice, just enough to createswirls. Spoon over mango, dividing equally.
- ☐ Per serving: 234 calories, 9 grams fat, 33 grams carbohydrate
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:47.96, Glycemic Load:16.63, Inflammation Score:-5, Nutrition Score:7.2930433957473%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 228.9kcal (11.45%), Fat: 8.45g (13%), Saturated Fat: 4.94g (30.88%), Carbohydrates: 29.16g (9.72%), Net Carbohydrates: 28.28g (10.29%), Sugar: 28.17g (31.3%), Cholesterol: 8.96mg (2.99%), Sodium: 49.88mg (2.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.21%), Vitamin C: 18.96mg (22.98%), Vitamin B2: 0.3mg (17.71%), Phosphorus: 152.9mg (15.29%), Calcium: 138.35mg (13.83%), Selenium: 8.88µg (12.68%), Vitamin A: 620.38IU (12.41%), Vitamin B12: 0.66µg (11.07%), Potassium: 263.71mg (7.53%), Folate: 29.24µg (7.31%), Vitamin B6: 0.12mg (6.17%), Vitamin B5: 0.5mg (5.01%), Vitamin E: 0.71mg (4.74%), Copper: 0.09mg (4.27%), Vitamin K: 4.43µg (4.22%), Zinc: 0.63mg (4.19%), Magnesium: 16.4mg (4.1%), Fiber: 0.88g (3.51%), Vitamin B3: 0.69mg (3.45%), Vitamin B1: 0.05mg (3.11%), Iron: 0.38mg (2.09%), Manganese: 0.04mg (2.07%)