



## Yogurt Trifle with Pomegranate, Pear, and Dates

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



282 kcal

DESSERT

### Ingredients

- 3 tablespoons honey
- 3 tablespoons medjool dates pitted
- 0.8 cup pears
- 0.8 cup yogurt plain
- 0.5 cup pomegranate seeds fresh

### Equipment

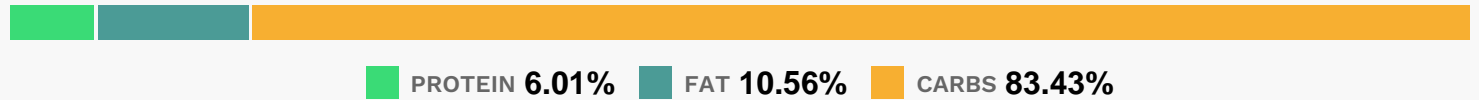
- bowl

## Directions

In a small bowl, layer 1/4 cup of the yogurt, 1/4 cup of the pear, 1 tablespoon of the dates, 3 scant tablespoons of the pomegranate seeds, and 1 tablespoon of the honey. Repeat twice more.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:87.51, Glycemic Load:21.07, Inflammation Score:-3, Nutrition Score:7.4982608867728%

## Flavonoids

Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 281.69kcal (14.08%), Fat: 3.58g (5.51%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 63.71g (21.24%), Net Carbohydrates: 58.65g (21.33%), Sugar: 56.39g (62.66%), Cholesterol: 11.94mg (3.98%), Sodium: 45.58mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.17%), Fiber: 5.06g (20.24%), Potassium: 479.96mg (13.71%), Calcium: 136.79mg (13.68%), Phosphorus: 124.3mg (12.43%), Vitamin B2: 0.19mg (11.36%), Copper: 0.21mg (10.71%), Vitamin K: 10.16µg (9.68%), Vitamin C: 7.39mg (8.96%), Manganese: 0.17mg (8.61%), Magnesium: 32.78mg (8.19%), Folate: 30.19µg (7.55%), Vitamin B5: 0.74mg (7.42%), Vitamin B6: 0.14mg (7.02%), Zinc: 0.91mg (6.09%), Vitamin B12: 0.34µg (5.67%), Vitamin B1: 0.07mg (4.83%), Selenium: 2.54µg (3.63%), Vitamin B3: 0.68mg (3.41%), Iron: 0.61mg (3.39%), Vitamin A: 139.1IU (2.78%), Vitamin E: 0.37mg (2.49%)