



Yogurt with Granola, Tropical Fruit, and Crystallized Ginger

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



586 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup crystallized ginger plus additional finely chopped for garnish
- 3 cups tropical fruit diced peeled (such as pineapple, mango, and kiwi)
- 2 cups purchased granola dried with nuts and fruits, if desired)
- 0.3 cup honey
- 2.5 cups nonfat plain 2% greek-style divided reduced-fat ()

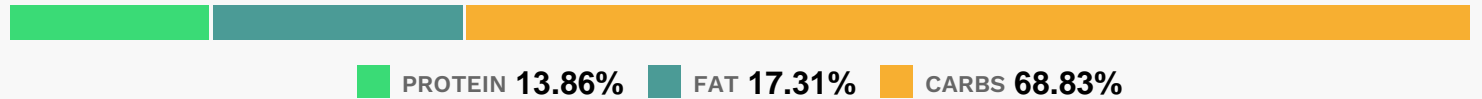
Equipment

- bowl

Directions

- Mix fruit, honey, and 1/3 cup crystallized ginger in medium bowl. Spoon 1/2 cup yogurt into each bowl. Top each with 1/2 cup granola, then 3/4 cup fruit mixture. Spoon remaining 1/2 cup yogurt in dollops over fruit.
- Garnish with more chopped crystallized ginger and serve.
- *A thick yogurt; sold at some supermarkets and at specialty foods stores and Greek markets.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:12.14, Inflammation Score:-6, Nutrition Score:18.460434996563%

Nutrients (% of daily need)

Calories: 585.79kcal (29.29%), Fat: 11.63g (17.9%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 104.05g (34.68%), Net Carbohydrates: 97.98g (35.63%), Sugar: 68.57g (76.19%), Cholesterol: 6.25mg (2.08%), Sodium: 76.92mg (3.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.96g (41.91%), Manganese: 1.72mg (85.83%), Phosphorus: 371.8mg (37.18%), Selenium: 23.15µg (33.08%), Vitamin B2: 0.51mg (30.26%), Fiber: 6.07g (24.29%), Calcium: 201.79mg (20.18%), Magnesium: 78.71mg (19.68%), Iron: 3.41mg (18.95%), Copper: 0.34mg (17.08%), Potassium: 585.82mg (16.74%), Vitamin B1: 0.24mg (15.86%), Vitamin E: 2.36mg (15.74%), Vitamin B12: 0.92µg (15.29%), Zinc: 2.1mg (14.03%), Vitamin A: 541.8IU (10.84%), Vitamin K: 10.86µg (10.34%), Vitamin B6: 0.19mg (9.42%), Vitamin B5: 0.85mg (8.54%), Folate: 33.61µg (8.4%), Vitamin B3: 1.57mg (7.87%), Vitamin C: 4.11mg (4.99%)