



Yogurt with Pistachio Brittle



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 12 apricots fresh pitted ripe sliced
- ☐ 4 cups greek yogurt
- ☐ 0.3 cup honey
- ☐ 0.5 teaspoons sea salt such as maldon
- ☐ 1 cup sugar
- ☐ 1 cup pistachios unsalted shelled (or a mixture of pistachios and cashews)

Equipment

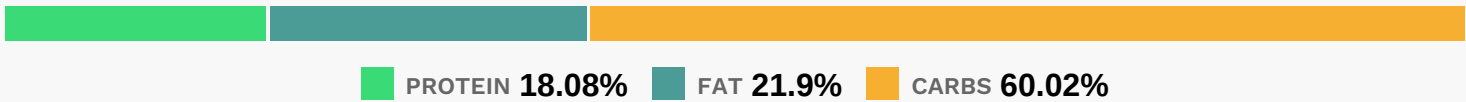
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Lightly coat an 8" squarebaking dish with cooking spray.In a small saucepan, cooksugar over low heat, stirringoccasionally with a siliconespatula or wooden spoon, untilsugar melts and turns lightlygolden, about 12 minutes.
- ☐ Remove from heat and addnuts, stirring quickly to combine.Immediately pour brittle intobaking dish; spread evenly intoa 1/4- to 1/2-inch-thick layer andsprinkle with salt. Use a sharpknife to score the brittle into8 wedges.
- ☐ Let cool completely.
- ☐ Remove brittle from pan andbreak into wedges. Chopwedges into small pieces. Divideyogurt, honey, apricotsand brittle among 8 bowls.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:24, Inflammation Score:-7, Nutrition Score:9.9030435188957%

Flavonoids

Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 302.6kcal (15.13%), Fat: 7.7g (11.84%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 47.45g (15.82%), Net Carbohydrates: 44.79g (16.29%), Sugar: 42.96g (47.73%), Cholesterol: 5mg (1.67%), Sodium: 183.46mg (7.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.3g (28.59%), Phosphorus: 220.61mg (22.06%), Vitamin A: 1054.97IU (21.1%), Vitamin B2: 0.35mg (20.4%), Selenium: 11.73µg (16.75%), Calcium: 135.25mg (13.53%), Vitamin B6: 0.27mg (13.35%), Copper: 0.26mg (13.1%), Manganese: 0.25mg (12.52%), Potassium: 438.3mg (12.52%), Vitamin B12: 0.7µg (11.67%), Fiber: 2.65g (10.62%), Vitamin B1: 0.14mg (9.64%), Magnesium: 33.22mg (8.31%), Vitamin C: 5.76mg (6.99%), Zinc: 1.02mg (6.81%), Vitamin B5: 0.54mg (5.43%), Vitamin E: 0.81mg (5.41%), Iron: 0.95mg (5.29%), Folate:

19.78µg (4.94%), Vitamin B3: 0.75mg (3.75%), Vitamin K: 3.76µg (3.58%)