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## Yogurt with Grapefruit & Honey

Yogurt with Grapefruit & Honey is a refreshing and healthy breakfast option. It combines the tanginess of grapefruit with the sweetness of honey, creating a perfect balance of flavors. This dish is vegetarian-friendly and can be enjoyed by anyone looking for a light and nutritious meal.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 2

**Serving Size:** 150 g

### Ingredients

200 g	Yogurt
200 g	Grapefruit
20 g	honey

# Directions

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## Step 1

Cut

Peel and segment the grapefruit.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

In a serving bowl, add the yogurt.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 3

Top the yogurt with the grapefruit segments.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Drizzle honey over the yogurt and grapefruit.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 2 g

**Protein:** 6 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	22 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	2 g	7.14%	8%
Cholesterol	5 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	2 mg	25%	11.11%
Potassium	400 mg	11.76%	15.38%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Spring Summer

### Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

### Nutritional Content

Low Calorie High Protein Low Fat High Fiber Low Sodium Sugar-Free  
High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender Mixer Oven

### Course

Appetizers

### Difficulty Level

Medium

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