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## Greek Yogurt with Mixed Berries ♦♦

Greek Yogurt with Mixed Berries is a delicious and healthy recipe that is perfect for breakfast or a snack. It combines creamy Greek yogurt with a variety of fresh mixed berries, providing a burst of flavor and nutrients. This recipe is vegetarian-friendly.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

200 g greek yogurt

200 g mixed berries (strawberries, blueberries, raspberries)

### Directions

## Step 1

In a bowl, add Greek yogurt.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Preparation

Wash and prepare the mixed berries.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Plating

Top the Greek yogurt with the mixed berries.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 120 kcal

**Fat:** 0 g

**Protein:** 10 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
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	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Halloween Valentine's Day Mother's Day Barbecue

### Meal Type

Breakfast Brunch Lunch Snack Supper

### Nutritional Content

Low Calorie Low Fat High Fiber Sugar-Free High Iron High Calcium

### Kitchen Tools

Blender

### Course

Snacks Sauces & Dressings

### Difficulty Level

Medium

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