



Healthdor

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Yogurt with Beets, Orange, Dill, and Honey ♦

A refreshing and nutritious yogurt dish with a combination of beets, orange, dill, and honey. It can be enjoyed as a light breakfast or snack.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 400 grams

Number of Servings: 2

Serving Size: 200 g

Ingredients

200 g	Yogurt
100 g	Beets
100 g	Orange
10 g	Dill
20 g	honey

Directions

Step 1

Cut

Peel and grate the beets.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Peel and segment the orange.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cut

Chop the dill.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Mixing

In a bowl, combine the yogurt, grated beets, orange segments, chopped dill, and honey. Mix well.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve the yogurt mixture in bowls or glasses.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 5 g

Protein: 10 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
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	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas New Year Picnic Game Day

Cuisines

Chinese

Mediterranean

Korean

American

Nutritional Content

Low Calorie

Low Fat

Low Sodium

High Vitamin C

High Calcium

Course

Appetizers

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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