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Plum and Greek Yogurt Snack

This Plum and Greek Yogurt Snack is a delicious and healthy option for a quick snack. It combines the sweetness of plums with the creaminess of Greek yogurt, creating a satisfying and refreshing treat. It can be enjoyed as a mid-morning snack or a post-workout refuel.

Recipe Type: Vegetarian

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 200 grams

Number of Servings: 1

Serving Size: 200 g

Ingredients

150 g	Plums
50 g	greek yogurt

Directions

Step 1

Cut

Wash the plums and remove the pits. Cut them into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, combine the plum pieces with Greek yogurt.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Serving

Serve the plum and Greek yogurt mixture in a bowl or as a parfait.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 0 g

Protein: 5 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	3 g	7.89%	12%
Sugars	30 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	15 mg	16.67%	20%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	15 mg	1.5%	1.5%
Iron	4 mg	50%	22.22%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Picnic

Course

Snacks Sauces & Dressings

Demographics

Senior Friendly Teen Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet
Lacto-Ovo Vegetarian Diet Engine 2 Diet Blood Type Diet Low Sodium Diet
The 80/10/10 Diet The Scarsdale Diet

Meal Type

Snack

Difficulty Level

Medium

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