

Apricot Mango Yogurt Fruit Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup all-natural apricot nectar
- ☐ 20 pieces wedges honeydew melon
- ☐ 6 oz mangos light yoplait®
- ☐ 20 mangos fresh
- ☐ 20 grapes green red
- ☐ 15 strawberries fresh cut in half

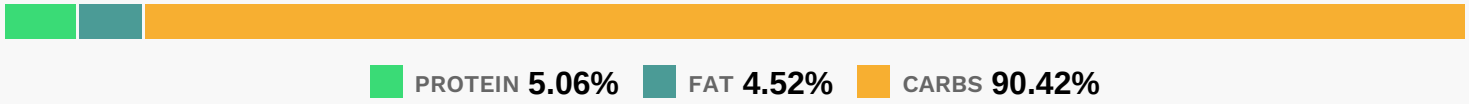
Equipment

- ☐ bowl

Directions

- ☐ In medium bowl, mix cream cheese, yogurt and apricot nectar until well blended. Cover; refrigerate about 1 hour.
- ☐ Serve dip with fruit.

Nutrition Facts



Properties

Glycemic Index:11.84, Glycemic Load:19.43, Inflammation Score:-10, Nutrition Score:18.449565441712%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 2.85mg, Pelargonidin: 2.85mg, Pelargonidin: 2.85mg, Pelargonidin: 2.85mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 4.98mg, Catechin: 4.98mg, Catechin: 4.98mg, Catechin: 4.98mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 248.24kcal (12.41%), Fat: 1.38g (2.13%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 62.25g (20.75%), Net Carbohydrates: 55.96g (20.35%), Sugar: 56.18g (62.42%), Cholesterol: 0mg (0%), Sodium: 41.5mg (1.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.97%), Vitamin C: 144.28mg (174.89%), Vitamin A: 3078.04IU (61.56%), Folate: 159.07µg (39.77%), Potassium: 968.84mg (27.68%), Vitamin B6: 0.52mg (25.98%), Fiber: 6.3g (25.18%), Copper: 0.36mg (18.2%), Vitamin K: 18.68µg (17.79%), Vitamin E: 2.53mg (16.85%), Manganese: 0.28mg (13.81%), Vitamin B3: 2.75mg (13.76%), Magnesium: 50.28mg (12.57%), Vitamin B1: 0.17mg (11.04%), Vitamin B5: 0.88mg (8.81%), Vitamin B2: 0.14mg (7.96%), Phosphorus: 65.23mg (6.52%), Iron: 0.86mg (4.8%), Calcium: 45.24mg (4.52%), Selenium: 3.15µg (4.51%), Zinc: 0.46mg (3.03%)