



Apricot Mango Yogurt Fruit Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

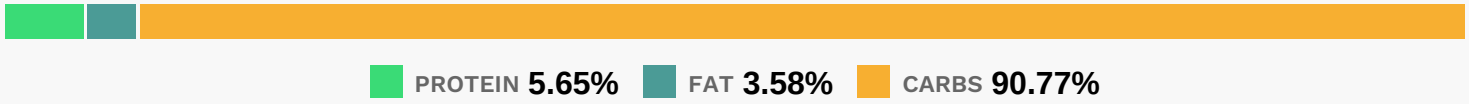
Equipment

- ☐ 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:9.98, Glycemic Load:1.71, Inflammation Score:-6, Nutrition Score:7.8400001474049%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.8mg, Pelargonidin: 2.8mg, Pelargonidin: 2.8mg, Pelargonidin: 2.8mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg 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 Hesperetin: 9.68mg, Hesperetin: 9.68mg, Hesperetin: 9.68mg, Hesperetin: 9.68mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 98.46kcal (4.92%), Fat: 0.45g (0.69%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 25.39g (8.46%), Net Carbohydrates: 22.56g (8.2%), Sugar: 20.64g (22.93%), Cholesterol: 0mg (0%), Sodium: 39.36mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Vitamin C: 53.84mg (65.26%), Potassium: 566.76mg (16.19%), Folate: 46µg (11.5%), Fiber: 2.83g (11.31%), Vitamin B6: 0.21mg (10.73%), Vitamin A: 379.34IU (7.59%), Vitamin K: 7.86µg (7.48%), Vitamin B1: 0.1mg (6.67%), Magnesium: 25.76mg (6.44%), Manganese: 0.12mg (5.82%), Vitamin B3: 1.06mg (5.29%), Copper: 0.09mg (4.4%), Vitamin B5: 0.42mg (4.25%), Phosphorus: 34.02mg (3.4%), Iron: 0.61mg (3.39%), Vitamin B2: 0.04mg (2.45%), Calcium: 24.41mg (2.44%), Selenium: 1.64µg (2.34%), Zinc: 0.26mg (1.72%), Vitamin E: 0.25mg (1.65%)