



## Banana-Pecan Dip for Fruit

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 medium apples cored sliced
- 1 medium banana ripe
- 2 tsp brown sugar
- 0.5 cup philadelphia cream cheese fat free
- 1 Tbsp orange juice
- 3 medium pears cored sliced
- 3 Tbsp planters pecan pieces

### Equipment

bowl

whisk

## Directions

Mash banana in medium bowl.

Add cream cheese; beat with wire whisk until well blended.

Add pecans, orange juice and brown sugar; mix well.

Serve with fruit.

## Nutrition Facts



**PROTEIN 8.85%** **FAT 19.57%** **CARBS 71.58%**

## Properties

Glycemic Index:30.92, Glycemic Load:9.63, Inflammation Score:-3, Nutrition Score:6.8334782434546%

## Flavonoids

Cyanidin: 3.8mg, Cyanidin: 3.8mg, Cyanidin: 3.8mg, Cyanidin: 3.8mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg Epicatechin: 10.24mg, Epicatechin: 10.24mg, Epicatechin: 10.24mg, Epicatechin: 10.24mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

## Nutrients (% of daily need)

Calories: 175.21kcal (8.76%), Fat: 4.14g (6.37%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 34.05g (11.35%), Net Carbohydrates: 28.11g (10.22%), Sugar: 23.04g (25.6%), Cholesterol: 2.26mg (0.75%), Sodium: 134.53mg (5.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Fiber: 5.94g (23.76%), Manganese: 0.36mg (17.85%), Phosphorus: 137.89mg (13.79%), Vitamin C: 11.2mg (13.57%), Potassium: 350.96mg (10.03%), Copper: 0.18mg (9.07%), Calcium: 85.26mg (8.53%), Vitamin B6: 0.16mg (7.84%), Vitamin B2: 0.12mg (6.97%), Magnesium: 26.69mg (6.67%), Vitamin K: 6.23µg (5.94%), Folate: 21.45µg (5.36%), Vitamin B1: 0.08mg (5.02%), Zinc: 0.67mg

(4.44%), Vitamin B5: 0.37mg (3.73%), Vitamin B12: 0.18µg (2.98%), Iron: 0.5mg (2.76%), Vitamin E: 0.37mg (2.43%),  
Vitamin B3: 0.47mg (2.36%), Vitamin A: 102.43IU (2.05%), Selenium: 1.41µg (2.02%)