



Caribbean Fruits With Key Lime Dip

 Gluten Free

READY IN



18 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon coconut extract
- ☐ 1.5 cups cream cheese fat-free
- ☐ 2 kiwifruit peeled cut into wedges
- ☐ 8 ounce carton key lime pie yogurt fat-free (such as Breyers)
- ☐ 1 cup mango cubes (1 medium mango)
- ☐ 1 cup pineapple chunks in juice fresh canned drained
- ☐ 2 tablespoons powdered sugar
- ☐ 2 cups strawberries fresh whole

- ☐ 6 inch wooden skewers
- ☐ 6 inch wooden skewers

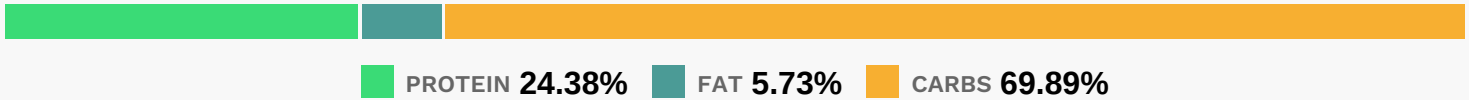
Equipment

- ☐ bowl
- ☐ hand mixer
- ☐ skewers

Directions

- ☐ Combine first 4 ingredients in a medium bowl; beat at medium speed of an electric mixer until smooth.
- ☐ Thread fruit alternately onto each wooden skewer.
- ☐ Serve skewers with dip.

Nutrition Facts



Properties

Glycemic Index:29.4, Glycemic Load:5.69, Inflammation Score:-6, Nutrition Score:13.512174046558%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 16.25mg, Hesperetin: 16.25mg, Hesperetin: 16.25mg, Hesperetin: 16.25mg Naringenin: 1.41mg, Naringenin: 1.41mg, Naringenin: 1.41mg, Naringenin: 1.41mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

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Nutrients (% of daily need)

Calories: 156.52kcal (7.83%), Fat: 1.07g (1.64%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 29.26g (9.75%), Net Carbohydrates: 25.37g (9.23%), Sugar: 20.91g (23.24%), Cholesterol: 6.78mg (2.26%), Sodium: 400.18mg (17.4%), Alcohol: 0.28g (100%), Alcohol %: 0.15% (100%), Protein: 10.21g (20.41%), Vitamin C: 75.6mg (91.64%), Phosphorus: 330.79mg (33.08%), Calcium: 238.54mg (23.85%), Fiber: 3.88g (15.52%), Vitamin K: 15.05µg (14.33%), Folate: 56µg (14%), Manganese: 0.25mg (12.35%), Potassium: 425.49mg (12.16%), Vitamin B2: 0.2mg (11.5%), Copper: 0.18mg (9.1%), Vitamin B12: 0.54µg (8.95%), Magnesium: 34.55mg (8.64%), Vitamin A: 398.26IU (7.97%), Vitamin B6: 0.15mg (7.4%), Vitamin B5: 0.73mg (7.27%), Zinc: 1.06mg (7.09%), Vitamin B1: 0.1mg (6.78%), Vitamin E: 0.88mg (5.89%), Selenium: 3.51µg (5.02%), Iron: 0.76mg (4.23%), Vitamin B3: 0.8mg (4.01%)