



COOL WHIP Fruit Dip

 Gluten Free

READY IN



190 min.

SERVINGS



10

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup orange juice
- 1 Tbsp orange zest
- 1 cup nonfat yogurt plain
- 0.3 cup sugar
- 2 cups cool whip whipped topping thawed

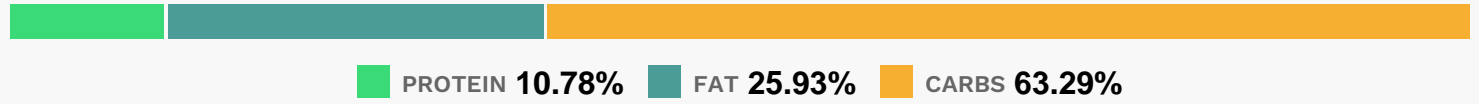
Equipment

- bowl
- whisk

Directions

- Whisk 4 ingredients in medium bowl.
- Stir in COOL WHIP.
- Refrigerate 3 hours.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:3.82, Inflammation Score:-1, Nutrition Score:1.7360869846914%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 69.94kcal (3.5%), Fat: 2.04g (3.14%), Saturated Fat: 1.73g (10.78%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 11.12g (4.04%), Sugar: 10.93g (12.15%), Cholesterol: 0.79mg (0.26%), Sodium: 29.8mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.81%), Calcium: 61.1mg (6.11%), Phosphorus: 50.74mg (5.07%), Vitamin C: 4.14mg (5.01%), Vitamin B2: 0.07mg (4.36%), Vitamin B12: 0.18µg (2.99%), Potassium: 91.4mg (2.61%), Selenium: 1.28µg (1.83%), Zinc: 0.26mg (1.72%), Vitamin B5: 0.17mg (1.72%), Magnesium: 6.52mg (1.63%), Vitamin B1: 0.02mg (1.4%), Folate: 5.43µg (1.36%)