



## Cranberry Fluff Fruit Dip with Fruit Wreath

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 7 oz marshmallow creme
- 8 oz cream cheese softened
- 0.3 cup roasted cranberry sauce frozen thawed
- 1 bunch salad leaves curly endive
- 2 apples red sliced
- 2 tablespoons juice of lemon
- 3 small grapes red seedless
- 3 small grapes green seedless

- 5 strawberries
- 1 star fruit sliced
- 2 tablespoons pomegranate seeds

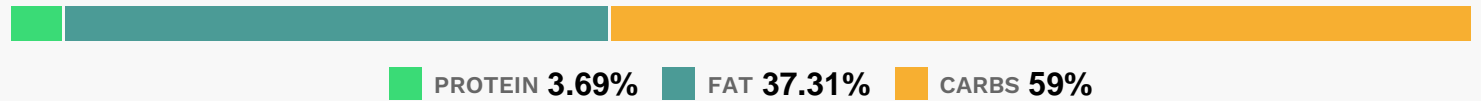
## Equipment

- bowl

## Directions

- In small bowl, combine marshmallow creme and cream cheese; beat until smooth. Stir in cranberry-orange sauce.
- Line large platter with endive leaves.
- Place bowl of dip in center. Dip apple slices in lemon juice; arrange in circle about 1 inch from edge of plate, overlapping slices. Arrange grapes and strawberries on apples randomly around dip. Tuck slices of star fruit among other fruit.
- Sprinkle pomegranate seeds over endive leaves.

## Nutrition Facts



## Properties

Glycemic Index:24.5, Glycemic Load:2.05, Inflammation Score:-2, Nutrition Score:2.2913043602653%

## Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.24mg, Pelargonidin: 1.24mg, Pelargonidin: 1.24mg, Pelargonidin: 1.24mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 2.31mg, Epicatechin: 2.31mg, Epicatechin: 2.31mg, Epicatechin: 2.31mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

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## **Nutrients (% of daily need)**

Calories: 150.45kcal (7.52%), Fat: 6.64g (10.22%), Saturated Fat: 3.83g (23.96%), Carbohydrates: 23.63g (7.88%),  
Net Carbohydrates: 22.4g (8.14%), Sugar: 17.23g (19.15%), Cholesterol: 19.09mg (6.36%), Sodium: 60.33mg (2.62%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.95%), Vitamin C: 8.32mg (10.09%), Vitamin A: 284.44IU  
(5.69%), Fiber: 1.24g (4.95%), Vitamin B2: 0.06mg (3.44%), Phosphorus: 27.54mg (2.75%), Potassium: 90.37mg  
(2.58%), Selenium: 1.73µg (2.47%), Calcium: 22.09mg (2.21%), Manganese: 0.04mg (2.19%), Vitamin K: 2.28µg  
(2.17%), Vitamin E: 0.32mg (2.15%), Vitamin B5: 0.18mg (1.77%), Copper: 0.03mg (1.68%), Vitamin B6: 0.03mg  
(1.64%), Folate: 6.37µg (1.59%), Magnesium: 5.39mg (1.35%), Vitamin B1: 0.02mg (1.11%)