



## Cranberry Fluff Fruit Dip with Fruit Wreath

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 oz cream cheese softened
- 1 bunch salad leaves curly endive
- 3 small grapes green seedless
- 3 small grapes red seedless
- 2 tablespoons juice of lemon
- 7 oz marshmallow creme
- 2 tablespoons pomegranate seeds
- 2 apples red sliced

- 1 star fruit sliced
- 0.3 cup roasted cranberry sauce frozen thawed

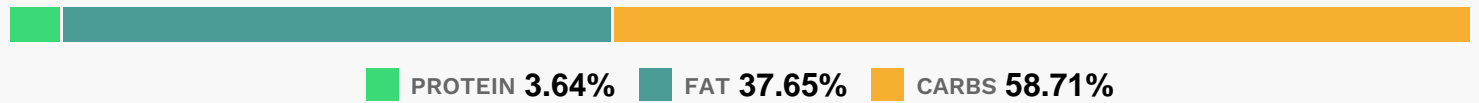
## Equipment

- 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:21.17, Glycemic Load:1.94, Inflammation Score:-2, Nutrition Score:1.997826092917%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.29mg, Epicatechin: 2.29mg, Epicatechin: 2.29mg, Epicatechin: 2.29mg 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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

## Nutrients (% of daily need)

Calories: 148.85kcal (7.44%), Fat: 6.63g (10.19%), Saturated Fat: 3.83g (23.96%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 22.11g (8.04%), Sugar: 16.99g (18.87%), Cholesterol: 19.09mg (6.36%), Sodium: 60.28mg (2.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin C: 5.38mg (6.53%), Vitamin A: 283.84IU (5.68%), Fiber: 1.14g (4.55%), Vitamin B2: 0.06mg (3.37%), Phosphorus: 26.34mg (2.63%), Selenium: 1.71µg (2.45%), Potassium: 82.72mg (2.36%), Calcium: 21.29mg (2.13%), Vitamin K: 2.17µg (2.07%), Vitamin E: 0.31mg (2.05%), Vitamin B5: 0.17mg (1.71%), Copper: 0.03mg (1.56%), Vitamin B6: 0.03mg (1.52%), Folate: 5.17µg (1.29%), Manganese: 0.02mg (1.22%), Magnesium: 4.74mg (1.19%), Vitamin B1: 0.02mg (1.03%)