



Creamy Strawberry Fruit Dip

 Gluten Free

READY IN



10 min.

SERVINGS



15

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons strawberry cream cheese flavored
- 2 strawberries fresh
- 5 teaspoons strawberry jell-o® mix flavored
- 8 ounce blended strawberry yogurt
- 8 ounce non-dairy whipped topping frozen thawed cool whip® (such as)
- 3 tablespoons sugar white

Equipment

- bowl

whisk

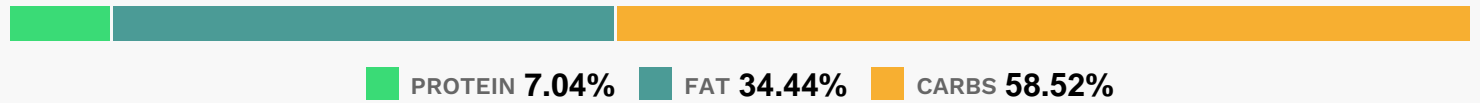
Directions

Mix the yogurt and whipped topping together in a large bowl. Stir in the strawberry gelatin and the sugar.

Mix until well dissolved. If a richer taste is desired, whisk in the strawberry flavored cream cheese until smooth.

Garnish with fresh strawberries.

Nutrition Facts



Properties

Glycemic Index:9.14, Glycemic Load:1.74, Inflammation Score:-1, Nutrition Score:0.80478260666132%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Pelargonidin: 0.4mg, Pelargonidin: 0.4mg, Pelargonidin: 0.4mg, Pelargonidin: 0.4mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 72.07kcal (3.6%), Fat: 2.79g (4.3%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 10.61g (3.86%), Sugar: 10.13g (11.25%), Cholesterol: 3.62mg (1.21%), Sodium: 32.97mg (1.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.57%), Calcium: 29.27mg (2.93%), Phosphorus: 27.75mg (2.78%), Vitamin B2: 0.05mg (2.75%), Vitamin B12: 0.11µg (1.89%), Potassium: 47.2mg (1.35%), Vitamin C: 0.94mg (1.14%)