



Crunchy Cranberry Almond Greek Yogurt Fruit Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup almonds
- 1 tablespoons mint leaves fresh chopped
- 6 servings pineapple chunks such as strawberries, grapes, banana slices or pineapple chunks, as desired for dipping,
- 16 oz greek yogurt plain 2%
- 0.3 cup honey
- 6 servings honey
- 4 oz cream cheese softened reduced-fat

0.3 cup cranberries dried sweetened

Equipment

bowl

hand mixer

Directions


In medium bowl, beat cream cheese and 1/4 cup honey with electric mixer on medium speed until smooth. Fold in yogurt until well combined. Spoon mixture into large shallow bowl.

Top yogurt mixture with granola, cranberries and mint.

Drizzle with additional honey.

Serve with assorted fruit for dipping.

Nutrition Facts

 **PROTEIN 20.07%**  **FAT 29.38%**  **CARBS 50.55%**

Properties

Glycemic Index:19.09, Glycemic Load:9.15, Inflammation Score:-3, Nutrition Score:6.8865217644235%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 211.06kcal (10.55%), Fat: 7.2g (11.08%), Saturated Fat: 2.11g (13.19%), Carbohydrates: 27.87g (9.29%), Net Carbohydrates: 26.49g (9.63%), Sugar: 25.07g (27.86%), Cholesterol: 13.99mg (4.66%), Sodium: 96.51mg (4.2%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.06g (22.13%), Vitamin B2: 0.35mg (20.58%), Phosphorus: 171.68mg (17.17%), Vitamin E: 2.2mg (14.66%), Calcium: 137.16mg (13.72%), Selenium: 8.77µg (12.53%), Vitamin B12: 0.7µg (11.72%), Manganese: 0.23mg (11.52%), Magnesium: 32.72mg (8.18%), Potassium: 230.95mg (6.6%), Copper: 0.12mg (5.77%), Fiber: 1.38g (5.53%), Zinc: 0.82mg (5.45%), Vitamin B5: 0.48mg (4.75%), Vitamin B6: 0.08mg (3.83%), Folate: 13.8µg (3.45%), Iron: 0.53mg (2.96%), Vitamin A: 143.33IU (2.87%), Vitamin B1: 0.04mg (2.86%), Vitamin B3: 0.54mg (2.71%)