




Crunchy Cranberry Almond Greek Yogurt Fruit Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup almonds nature valley®
- 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
- 4 oz cream cheese softened reduced-fat
- 0.3 cup cranberries dried sweetened

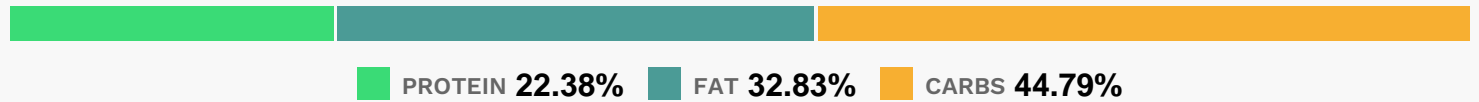
Equipment

- 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



Properties

Glycemic Index:10.38, Glycemic Load:6.14, Inflammation Score:-3, Nutrition Score:6.8234782089358%

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, 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, 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: 189.78kcal (9.49%), Fat: 7.2g (11.08%), Saturated Fat: 2.1g (13.19%), Carbohydrates: 22.1g (7.37%), Net Carbohydrates: 20.74g (7.54%), Sugar: 19.32g (21.47%), Cholesterol: 13.99mg (4.66%), Sodium: 96.23mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.04g (22.08%), Vitamin B2: 0.35mg (20.42%), Phosphorus:

171.4mg (17.14%), Vitamin E: 2.2mg (14.66%), Calcium: 136.74mg (13.67%), Selenium: 8.71µg (12.45%), Vitamin B12: 0.7µg (11.72%), Manganese: 0.22mg (11.24%), Magnesium: 32.58mg (8.14%), Potassium: 227.31mg (6.49%), Copper: 0.11mg (5.64%), Fiber: 1.37g (5.47%), Zinc: 0.8mg (5.35%), Vitamin B5: 0.47mg (4.71%), Vitamin B6: 0.07mg (3.75%), Folate: 13.66µg (3.42%), Vitamin A: 143.33IU (2.87%), Vitamin B1: 0.04mg (2.86%), Iron: 0.5mg (2.8%), Vitamin B3: 0.53mg (2.66%)