



WHATSheATE



Fantastic Fruit Dip



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 tablespoons brown sugar packed



1 pieces pineapple chunks fresh assorted (apple wedges, strawberries, banana slices, pineapple chunks, grapes)



1.3 cups vanilla yogurt fat free 99% yoplait® (from 2-lb container)

Equipment

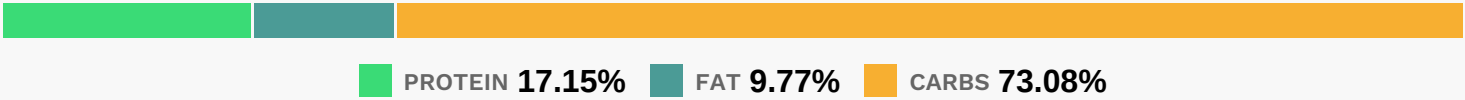


bowl

Directions

- ☐ In medium bowl, mix yogurt and brown sugar.
- ☐ Serve with fruit for dipping.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3286956587563%

Nutrients (% of daily need)

Calories: 36.95kcal (1.85%), Fat: 0.41g (0.63%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 6.88g (2.5%), Sugar: 6.85g (7.61%), Cholesterol: 1.63mg (0.54%), Sodium: 22.23mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.23%), Calcium: 57.87mg (5.79%), Phosphorus: 44.2mg (4.42%), Vitamin B2: 0.07mg (3.86%), Vitamin B12: 0.17µg (2.89%), Selenium: 1.63µg (2.33%), Potassium: 74.86mg (2.14%), Vitamin B5: 0.18mg (1.83%), Zinc: 0.27mg (1.81%), Magnesium: 5.46mg (1.36%)