



Fluffy Fruit Dip with Almond Chips

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almond brickle chips such as Bits 'O Brickle
- ☐ 0.3 cup cup heavy whipping cream sour low-fat
- ☐ 7 ounce marshmallow crème
- ☐ 0.3 cup peach preserves
- ☐ 48 strawberries whole with green caps

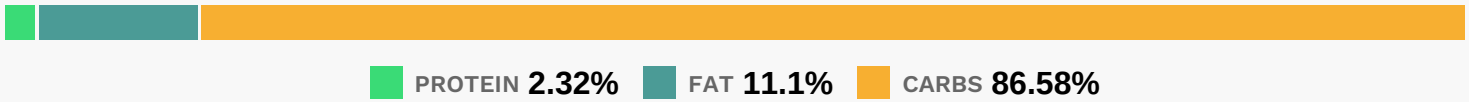
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine sour cream, preserves, and marshmallow creme in a bowl, stirring with a wire whisk until blended. Cover and chill for at least 2 hours or up to 2 days. Stir in brickle chips just before serving.
- ☐ Serve with strawberries.

Nutrition Facts



Properties

Glycemic Index:4.98, Glycemic Load:1.7, Inflammation Score:-1, Nutrition Score:1.2552174078706%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 39.49kcal (1.97%), Fat: 0.52g (0.8%), Saturated Fat: 0.21g (1.28%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 8.7g (3.16%), Sugar: 5.99g (6.65%), Cholesterol: 0.63mg (0.21%), Sodium: 11.58mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin C: 10.95mg (13.27%), Manganese: 0.07mg (3.74%), Fiber: 0.47g (1.89%), Folate: 5.22µg (1.3%), Potassium: 41.34mg (1.18%)