



## Fresh Fruit with Ginger Dip



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



24

CALORIES



497 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 24 cantaloupe balls (1 inch in diameter)
- ☐ 2 tablespoons candied ginger finely chopped
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 24 wedges honeydew melon (1 inch in diameter)
- ☐ 1 cup cream sour
- ☐ 24 strawberries fresh

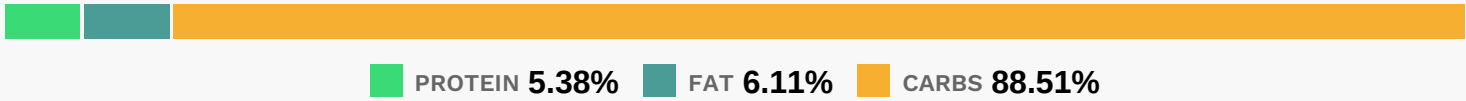
## Equipment

☐ bowl

Directions

- ☐ Mix sour cream, preserves and ginger until well blended. Stir in cilantro.
- ☐ Place in small serving bowl.
- ☐ Arrange strawberries and melon balls on platter.
- ☐ Serve with dip.

Nutrition Facts



Properties

Glycemic Index:5.81, Glycemic Load:0.97, Inflammation Score:-9, Nutrition Score:27.365217617025%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 497.02kcal (24.85%), Fat: 3.72g (5.72%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 121.1g (40.37%), Net Carbohydrates: 110.5g (40.18%), Sugar: 107.65g (119.62%), Cholesterol: 5.65mg (1.88%), Sodium: 238.81mg (10.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Vitamin C: 239.29mg (290.05%), Potassium: 2972.7mg (84.93%), Folate: 248.65µg (62.16%), Vitamin B6: 1.14mg (57.1%), Fiber: 10.6g (42.4%), Vitamin K: 37.96µg (36.15%), Vitamin B1: 0.5mg (33.2%), Magnesium: 132.44mg (33.11%), Vitamin B3: 5.5mg (27.52%), Vitamin A: 1180.8IU (23.62%), Vitamin B5: 2.05mg (20.46%), Manganese: 0.4mg (19.99%), Copper: 0.33mg (16.45%), Phosphorus: 153.43mg (15.34%), Selenium: 9.65µg (13.79%), Iron: 2.3mg (12.76%), Vitamin B2: 0.18mg (10.39%), Calcium: 90.16mg (9.02%), Zinc: 1.26mg (8.42%), Vitamin E: 0.34mg (2.25%)