

## Fruit Dip V



Vegetarian



Gluten Free

READY IN



125 min.

SERVINGS



8

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 3 ounce vanilla pudding mix instant
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 0.5 cup yogurt

## Equipment

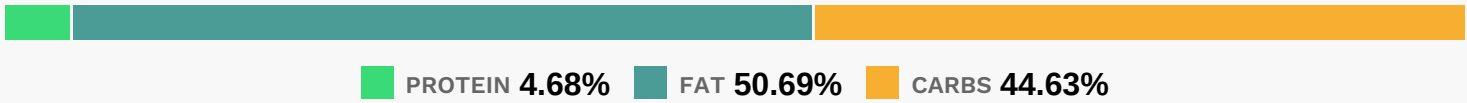
- ☐ bowl

## Directions

☐

In a medium bowl, mix the vanilla pudding mix, sour cream and yogurt. Chill in the refrigerator at least 2 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:2.38, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.3647825954401%

## Nutrients (% of daily need)

Calories: 105.76kcal (5.29%), Fat: 6.04g (9.29%), Saturated Fat: 3.19g (19.96%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 11.9g (4.33%), Sugar: 10.11g (11.24%), Cholesterol: 18.72mg (6.24%), Sodium: 83.34mg (3.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.51%), Calcium: 47.69mg (4.77%), Vitamin B2: 0.07mg (4.16%), Vitamin A: 191.78IU (3.84%), Phosphorus: 36.31mg (3.63%), Selenium: 1.48µg (2.12%), Vitamin B12: 0.12µg (1.94%), Potassium: 61.3mg (1.75%), Vitamin B5: 0.15mg (1.55%), Zinc: 0.19mg (1.24%), Magnesium: 4.67mg (1.17%)