



Fruit Dippers

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

Ingredients

- 2 tablespoons honey
- 2 teaspoons juice of lime
- 0.5 teaspoon lime rind
- 8 oz vanilla nonfat yogurt plain
- 2 oranges
- 1.3 lb pineapple cored peeled
- 1 delicious apple red

Equipment

Directions

- Reserve juice from pineapple; cut pineapple lengthwise into spears, then in half.
- Core apple, and cut into 16 slices; toss with pineapple juice.
- Peel and section oranges.
- Stir together yogurt, 2 Tbsp. honey, and next 2 ingredients.
- Serve with fruit slices.

Nutrition Facts

PROTEIN 7.05% **FAT 1.74%** **CARBS 91.21%**

Properties

Glycemic Index:27.18, Glycemic Load:9.26, Inflammation Score:-4, Nutrition Score:7.7782609721889%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 9.09mg, Hesperetin: 9.09mg, Hesperetin: 9.09mg, Hesperetin: 9.09mg Naringenin: 5.03mg, Naringenin: 5.03mg, Naringenin: 5.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 105.9kcal (5.3%), Fat: 0.22g (0.34%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 23.78g (8.65%), Sugar: 22.13g (24.59%), Cholesterol: 0.57mg (0.19%), Sodium: 17.62mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin C: 52.98mg (64.22%), Manganese: 0.69mg (34.38%), Fiber: 2.34g (9.37%), Calcium: 67.3mg (6.73%), Vitamin B1: 0.1mg (6.67%), Folate: 26.06µg (6.51%), Potassium: 220.19mg (6.29%), Vitamin B6: 0.12mg (6.07%), Vitamin B2: 0.09mg (5.58%), Copper: 0.1mg (5.21%), Phosphorus: 46.9mg (4.69%), Magnesium: 17.38mg (4.35%), Selenium: 1.98µg (2.83%), Vitamin A: 131.17IU (2.62%), Vitamin B5: 0.25mg (2.52%), Vitamin B3: 0.5mg (2.52%), Zinc: 0.34mg (2.26%), Vitamin B12: 0.13µg (2.22%), Iron: 0.31mg (1.72%), Vitamin K: 1.32µg (1.25%)