



## Fruit with Piña Colada Dip

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



15

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 12 oz vanilla yogurt french yoplait®
- 1 teaspoon rum extract dark
- 3 tablespoons coconut flakes flaked toasted
- 2 tablespoons pineapple finely chopped
- 15 strawberries fresh halved
- 1 inch pineapple fresh
- 30 chunks kiwi fruit ( 5 medium)

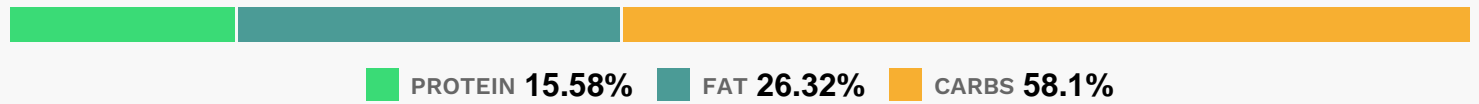
## Equipment

bowl

## Directions

- In small bowl, combine yogurt, rum extract and 2 tablespoons of the coconut; blend well. Stir in pineapple.
- Serve immediately, or cover and refrigerate until serving time.
- To serve, arrange fruit on serving platter.
- Sprinkle dip with remaining tablespoon toasted coconut. If desired, garnish with pineapple leaves. Store dip in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:2.0921739275041%

## 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 Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg 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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 31.95kcal (1.6%), Fat: 0.98g (1.5%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 4.36g (1.58%), Sugar: 4.18g (4.65%), Cholesterol: 1.13mg (0.38%), Sodium: 15.58mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin C: 9.77mg (11.84%), Manganese: 0.1mg (4.82%), Calcium: 41.94mg (4.19%), Phosphorus: 36.41mg (3.64%), Vitamin B2: 0.05mg (2.97%), Potassium: 79.75mg (2.28%), Vitamin B12: 0.12µg (2%), Fiber: 0.49g (1.97%), Selenium: 1.35µg (1.93%), Magnesium: 6.67mg (1.67%), Folate: 6.37µg (1.59%), Vitamin B5: 0.16mg (1.56%), Zinc: 0.23mg (1.54%), Vitamin B6: 0.02mg (1.12%),

Copper: 0.02mg (1.09%), Vitamin K: 1.11µg (1.06%), Vitamin B1: 0.02mg (1.02%)