



Ginger Dip with Apples and Pears

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces cream cheese softened
- ☐ 1 cup yogurt plain low-fat
- ☐ 0.3 cup honey
- ☐ 2 teaspoons ginger grated
- ☐ 8 ounces pineapple rings crushed drained canned
- ☐ 1 tablespoon orange juice
- ☐ 0.3 cup water
- ☐ 2 pears

- ☐ 2 apples red
- ☐ 2 golden beets
- ☐ 1 tablespoon slivered almonds toasted finely chopped

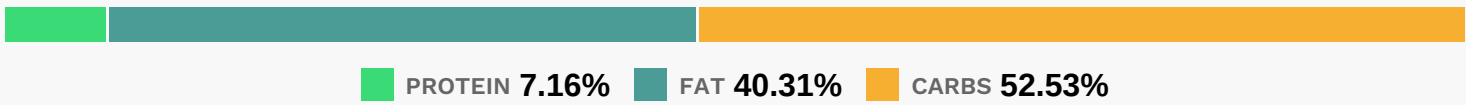
Equipment

- ☐ bowl

Directions

- ☐ Beat cream cheese, yogurt, honey and gingerroot in medium bowl with spoon until creamy. Fold in pineapple. Cover and refrigerate about 1 hour to blend flavors.
- ☐ Mix orange juice and water. Slice pears and apples. Dip pears and apples in orange juice mixture; drain.
- ☐ Sprinkle almonds over cream cheese mixture just before serving.
- ☐ Serve with pears and apples.

Nutrition Facts



Properties

Glycemic Index:24.09, Glycemic Load:6.42, Inflammation Score:-3, Nutrition Score:4.2382608703945%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 156.11kcal (7.81%), Fat: 7.38g (11.35%), Saturated Fat: 4.07g (25.47%), Carbohydrates: 21.63g (7.21%), Net Carbohydrates: 19.23g (6.99%), Sugar: 17.77g (19.75%), Cholesterol: 20.31mg (6.77%), Sodium: 85.76mg (3.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Fiber: 2.4g (9.62%), Vitamin B2: 0.12mg (7.35%), Vitamin C: 6.04mg (7.32%), Calcium: 68.47mg (6.85%), Phosphorus: 67.95mg (6.8%), Potassium: 221.44mg (6.33%), Vitamin A: 304.83IU (6.1%), Folate: 23.74µg (5.94%), Manganese: 0.1mg (4.92%), Magnesium: 17.5mg (4.37%), Copper: 0.08mg (4.13%), Selenium: 2.59µg (3.71%), Vitamin B6: 0.07mg (3.44%), Vitamin B1: 0.05mg (3.24%), Vitamin E: 0.48mg (3.22%), Vitamin B5: 0.29mg (2.95%), Zinc: 0.43mg (2.86%), Vitamin B12: 0.16µg (2.6%), Vitamin K: 2.57µg (2.45%), Iron: 0.35mg (1.97%), Vitamin B3: 0.26mg (1.31%)