



Ginger Dip with Apples and Pears



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

- ☐ 2 apples red
- ☐ 1 tablespoon slivered almonds toasted finely chopped
- ☐ 0.3 cup water

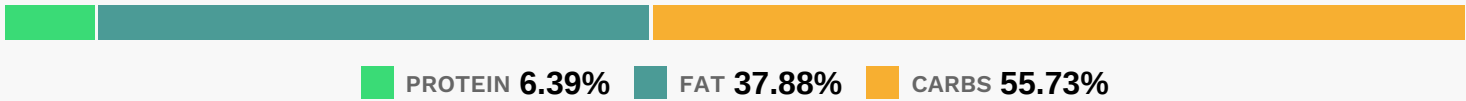
Equipment

- ☐ 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:21.42, Glycemic Load:6.94, Inflammation Score:-3, Nutrition Score:4.0891303912453%

Flavonoids

Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg 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: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 166.01kcal (8.3%), Fat: 7.4g (11.39%), Saturated Fat: 4.08g (25.5%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 21.76g (7.91%), Sugar: 20g (22.23%), Cholesterol: 20.31mg (6.77%), Sodium: 75.41mg (3.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Fiber: 2.75g (11%), Vitamin C: 6.77mg (8.2%), Vitamin B2: 0.13mg (7.49%), Calcium: 68.1mg (6.81%), Phosphorus: 65.82mg (6.58%), Vitamin A: 316.7IU (6.33%), Potassium: 209.48mg (5.99%), Copper: 0.08mg (4.03%), Magnesium: 15.87mg (3.97%), Vitamin B6: 0.07mg (3.61%), Selenium: 2.5µg (3.57%), Vitamin E: 0.53mg (3.55%), Vitamin B1: 0.05mg (3.3%), Manganese: 0.06mg (3.2%), Vitamin K: 3.21µg (3.06%), Vitamin B5: 0.29mg (2.92%), Zinc: 0.39mg (2.62%), Vitamin B12: 0.16µg (2.6%), Folate: 9.76µg (2.44%), Iron: 0.28mg (1.56%), Vitamin B3: 0.24mg (1.22%)