



Ginger & Mint Dip with Fruit

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 cups yogurt plain fat-free
- 0.3 cup brown sugar packed
- 2 teaspoons mint leaves fresh chopped
- 2 teaspoons ginger grated
- 0.5 teaspoon lemon zest grated
- 12 bamboo skewers (6 inch)
- 1 cup raspberries fresh
- 2 cups cantaloupe (cantaloupe and/or honeydew)

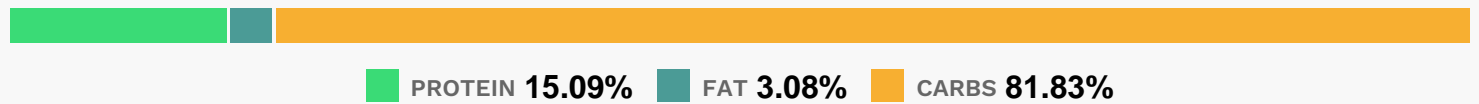
Equipment

- bowl
- whisk
- skewers

Directions

- In small bowl, mix dip ingredients with wire whisk until smooth. Cover; refrigerate at least 15 minutes to blend flavors.
- On each skewer, alternately thread 3 raspberries and 2 melon cubes.
- Serve with dip.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:2.96, Inflammation Score:-8, Nutrition Score:6.7086957330289%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 92.96kcal (4.65%), Fat: 0.33g (0.51%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 19.86g (6.62%), Net Carbohydrates: 18.07g (6.57%), Sugar: 17.95g (19.95%), Cholesterol: 1.02mg (0.34%), Sodium: 58.32mg (2.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.33%), Vitamin A: 1815.67IU (36.31%), Vitamin C: 11.79mg

(14.3%), Calcium: 119.55mg (11.96%), Phosphorus: 96.14mg (9.61%), Manganese: 0.17mg (8.47%), Vitamin B2: 0.14mg (8.38%), Potassium: 261.1mg (7.46%), Fiber: 1.79g (7.15%), Magnesium: 22.27mg (5.57%), Zinc: 0.83mg (5.55%), Vitamin B12: 0.31µg (5.19%), Vitamin B5: 0.46mg (4.65%), Folate: 18.08µg (4.52%), Selenium: 2.91µg (4.16%), Copper: 0.08mg (3.97%), Vitamin B1: 0.06mg (3.86%), Vitamin B6: 0.07mg (3.36%), Vitamin K: 3.1µg (2.95%), Vitamin B3: 0.57mg (2.86%), Iron: 0.47mg (2.58%), Vitamin E: 0.22mg (1.44%)