



Gingered Caramel and Yogurt Dip



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 oz weight cream cheese fat-free softened (half of 8-oz package)
- ☐ 0.7 cup vanilla yogurt fat free 99% yoplait® (from 2-lb container)
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce fat-free
- ☐ 1 tablespoon candied ginger chopped
- ☐ 4 medium apples unpeeled cut into 12 slices

Equipment

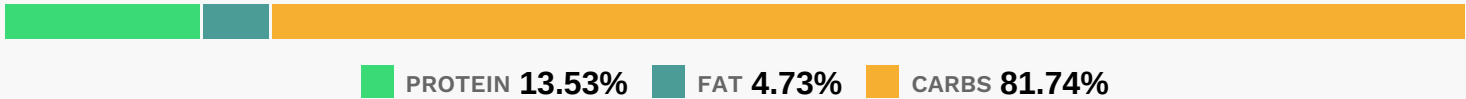
- ☐ bowl
- ☐ knife

☐ hand mixer

Directions

- ☐ In medium bowl, beat cream cheese with electric mixer on medium speed until creamy. Beat in yogurt and 1/4 cup of the topping until smooth. Cover; refrigerate at least 30 minutes until chilled.
- ☐ Spoon dip into small serving bowl.
- ☐ Drizzle with 1 to 2 teaspoons topping; swirl with tip of knife.
- ☐ Sprinkle with ginger.
- ☐ Serve with apple and pear slices.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:3.32, Inflammation Score:-2, Nutrition Score:3.4091304125993%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg 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 Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 98.83kcal (4.94%), Fat: 0.55g (0.85%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 21.47g (7.16%), Net Carbohydrates: 19.29g (7.01%), Sugar: 18.03g (20.03%), Cholesterol: 2.72mg (0.91%), Sodium: 138.16mg (6.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.11%), Phosphorus: 114.46mg (11.45%), Calcium: 93.59mg (9.36%), Fiber: 2.18g (8.74%), Vitamin B2: 0.1mg (6.02%), Potassium: 186.15mg (5.32%), Vitamin C: 4.38mg (5.31%), Vitamin B12: 0.26µg (4.26%), Vitamin B5: 0.3mg (2.98%), Magnesium: 11.29mg (2.82%), Zinc: 0.42mg (2.79%), Vitamin B6: 0.05mg (2.68%), Selenium: 1.79µg (2.55%), Folate: 10.08µg (2.52%), Vitamin B1: 0.03mg (1.98%), Vitamin K: 2.05µg (1.95%), Manganese: 0.04mg (1.93%), Copper: 0.03mg (1.62%), Vitamin A: 71.79IU (1.44%),

Vitamin E: 0.17mg (1.16%)