



## Healthified Fluffy Orange Fruit Dip



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 tablespoon orange juice concentrate frozen
- ☐ 2 tablespoons powdered sugar
- ☐ 0.3 teaspoon vanilla
- ☐ 6 oz vanilla yogurt fat free french 99% yoplait®
- ☐ 0.5 cup cool whip fat-free frozen thawed

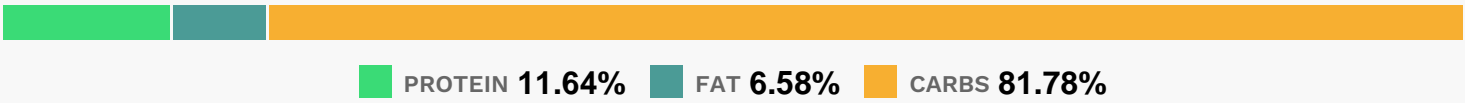
### Equipment

- ☐ bowl
- ☐ hand mixer

## Directions

- ☐
- In medium bowl, beat cream cheese with electric mixer on low speed until smooth.
- ☐
- Add yogurt, powdered sugar, orange juice concentrate and vanilla; beat 30 to 60 seconds on low speed until blended and smooth. Gently stir in whipped topping until well blended.
- ☐
- Serve immediately or refrigerate up to 24 hours.
- ☐
- Serve with fresh fruit.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.82999999529642%

## Nutrients (% of daily need)

Calories: 25.37kcal (1.27%), Fat: 0.19g (0.29%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 5.22g (1.9%), Sugar: 4.87g (5.42%), Cholesterol: 0.78mg (0.26%), Sodium: 10.59mg (0.46%), Alcohol: 0.03g (100%), Alcohol %: 0.18% (100%), Protein: 0.75g (1.49%), Vitamin B2: 0.05mg (2.79%), Calcium: 25.41mg (2.54%), Vitamin C: 1.89mg (2.29%), Phosphorus: 19.75mg (1.97%), Vitamin B12: 0.11µg (1.88%), Selenium: 0.96µg (1.37%), Potassium: 38.77mg (1.11%)