



Honey and Lemon Dip

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons honey
- ☐ 3 tablespoons lemon curd jarred (such as Dickinson's)
- ☐ 8 servings garnish: lemon rind
- ☐ 0.5 cup nonfat greek yogurt plain
- ☐ 0.5 cup cup heavy whipping cream light sour
- ☐ 8 servings strawberries

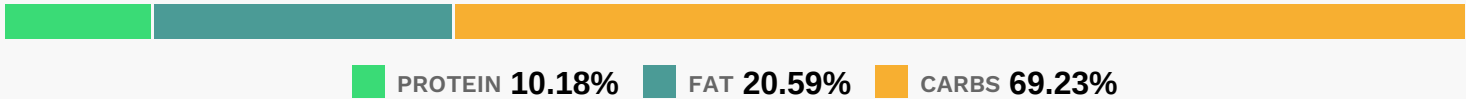
Equipment

- ☐ whisk

Directions

- ☐ Combine yogurt, sour cream, lemon curd, and honey, stirring with a whisk.
- ☐ Garnish, if desired.
- ☐ Serve with strawberries.

Nutrition Facts



Properties

Glycemic Index:11.53, Glycemic Load:4.96, Inflammation Score:-5, Nutrition Score:9.3134782184725%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 109.19kcal (5.46%), Fat: 2.66g (4.09%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 20.11g (6.7%), Net Carbohydrates: 17.18g (6.25%), Sugar: 15g (16.66%), Cholesterol: 5.66mg (1.89%), Sodium: 39.42mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Vitamin C: 85.08mg (103.13%), Manganese: 0.56mg (28.01%), Fiber: 2.92g (11.69%), Folate: 37.12µg (9.28%), Potassium: 270.79mg (7.74%), Phosphorus: 61.95mg (6.19%), Calcium: 57.69mg (5.77%), Magnesium: 21.64mg (5.41%), Vitamin B2: 0.09mg (5.04%), Vitamin B6: 0.08mg (3.99%), Copper: 0.08mg (3.76%), Iron: 0.63mg (3.49%), Selenium: 2.29µg (3.27%), Vitamin K: 3.24µg (3.09%), Vitamin E: 0.46mg (3.08%), Vitamin B3: 0.6mg (2.99%), Vitamin B1: 0.04mg (2.88%), Vitamin B12: 0.15µg (2.46%), Zinc: 0.35mg (2.33%), Vitamin B5: 0.22mg (2.25%), Vitamin A: 65.03IU (1.3%)