



Honey Bear Dip

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

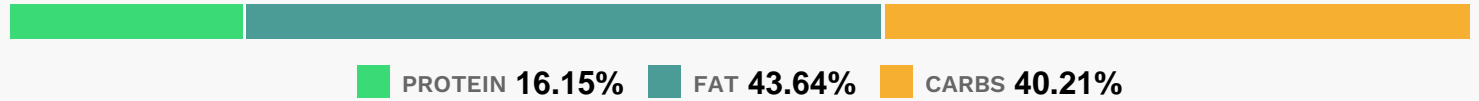
- 3 cups vanilla yogurt
- 1 cup almonds whole chopped
- 1 tablespoon honey
- 0.5 teaspoon almond extract
- 1 serving fruit fresh

Equipment

Directions

- Mix all ingredients except fruit. Cover and refrigerate at least 1 hour but no longer than 24 hours.
- Serve dip with fruit.

Nutrition Facts



Properties

Glycemic Index:5.19, Glycemic Load:0.86, Inflammation Score:-3, Nutrition Score:6.3334782745527%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 132.49kcal (6.62%), Fat: 6.72g (10.34%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 13.94g (4.65%), Net Carbohydrates: 12.29g (4.47%), Sugar: 11.54g (12.82%), Cholesterol: 3.06mg (1.02%), Sodium: 41.12mg (1.79%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 5.6g (11.19%), Vitamin E: 3.06mg (20.42%), Vitamin B2: 0.26mg (15.42%), Phosphorus: 141.27mg (14.13%), Manganese: 0.28mg (13.96%), Calcium: 137.41mg (13.74%), Magnesium: 42.52mg (10.63%), Copper: 0.14mg (6.94%), Potassium: 231.43mg (6.61%), Fiber: 1.65g (6.6%), Zinc: 0.89mg (5.95%), Vitamin B12: 0.32µg (5.41%), Selenium: 3.5µg (5.01%), Vitamin B5: 0.4mg (3.99%), Vitamin B1: 0.05mg (3.42%), Folate: 12.21µg (3.05%), Iron: 0.52mg (2.91%), Vitamin B3: 0.54mg (2.69%), Vitamin B6: 0.05mg (2.3%), Vitamin A: 56.28IU (1.13%)