



Honey Bear Dip

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

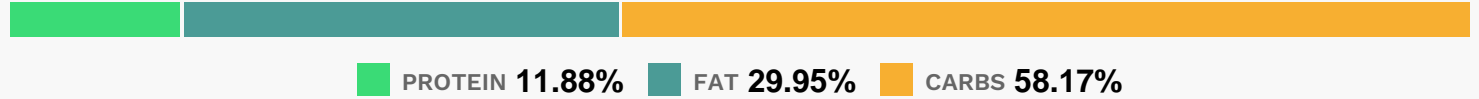
- 0.5 teaspoon almond extract
- 1 cup almonds whole chopped
- 12 servings fruit fresh
- 1 tablespoon honey
- 3 cups vanilla yogurt

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:-5, Nutrition Score:8.1426087980685%

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: 194.4kcal (9.72%), Fat: 6.83g (10.51%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 26.46g (9.62%), Sugar: 23.76g (26.4%), Cholesterol: 3.06mg (1.02%), Sodium: 46.55mg (2.02%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 6.1g (12.19%), Vitamin E: 3.06mg (20.42%), Vitamin B2: 0.29mg (16.95%), Manganese: 0.31mg (15.43%), Phosphorus: 154.31mg (15.43%), Calcium: 142.84mg (14.28%), Fiber: 3.39g (13.56%), Magnesium: 47.96mg (11.99%), Copper: 0.22mg (11.02%), Potassium: 328.11mg (9.37%), Vitamin A: 384.33IU (7.69%), Zinc: 0.99mg (6.61%), Vitamin B12: 0.32µg (5.41%), Vitamin K: 5.51µg (5.25%), Selenium: 3.5µg (5.01%), Vitamin B3: 0.96mg (4.82%), Iron: 0.86mg (4.78%), Vitamin B5: 0.44mg (4.44%), Vitamin B1: 0.06mg (4.29%), Vitamin C: 3.11mg (3.76%), Folate: 14.39µg (3.6%), Vitamin B6: 0.06mg (3.17%)