

Honey-Lime Fruit Dip

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs beaten
- 8 servings fruit fresh assorted
- 1 Dash mace
- 0.5 cup honey
- 0.3 cup juice of lime
- 8 ounces cream sour

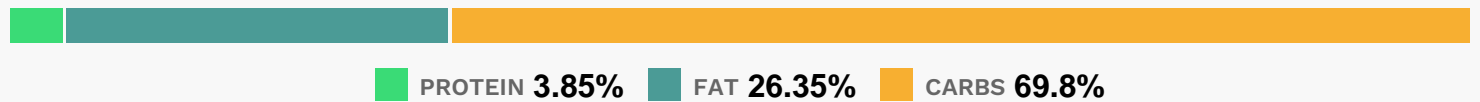
Equipment

- sauce pan

Directions

- In a small saucepan, combine the egg, honey and lime juice. Cook and stir over medium heat until mixture reaches 160° and is thickened.
- Remove from heat; stir in salt and mace. Cool to room temperature. Stir in the sour cream. Cover and refrigerate for 1 hour or until chilled.
- Serve with fruit.

Nutrition Facts



Properties

Glycemic Index:6.53, Glycemic Load:9.1, Inflammation Score:-4, Nutrition Score:3.7952174259269%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 198.44kcal (9.92%), Fat: 6.19g (9.52%), Saturated Fat: 3.06g (19.12%), Carbohydrates: 36.87g (12.29%), Net Carbohydrates: 34.88g (12.68%), Sugar: 31.84g (35.38%), Cholesterol: 37.19mg (12.4%), Sodium: 23.62mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.07%), Vitamin A: 568.97IU (11.38%), Fiber: 1.99g (7.98%), Vitamin B2: 0.11mg (6.53%), Vitamin C: 5.26mg (6.38%), Vitamin K: 5.94µg (5.66%), Copper: 0.11mg (5.53%), Phosphorus: 48.7mg (4.87%), Potassium: 168.94mg (4.83%), Selenium: 2.92µg (4.17%), Calcium: 40.28mg (4.03%), Iron: 0.6mg (3.31%), Manganese: 0.06mg (2.84%), Vitamin B3: 0.53mg (2.67%), Magnesium: 10.65mg (2.66%), Vitamin B5: 0.25mg (2.52%), Vitamin B6: 0.05mg (2.4%), Zinc: 0.33mg (2.18%), Folate: 7.93µg (1.98%), Vitamin B12: 0.11µg (1.81%), Vitamin B1: 0.02mg (1.62%), Vitamin E: 0.18mg (1.21%)