



Mandarin Orange Fruit Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 ounces mandarin oranges drained canned
- 12 servings fruit fresh assorted
- 8 ounces cream cheese cubed reduced-fat
- 1 teaspoon vanilla extract
- 16 ounces vanilla yogurt

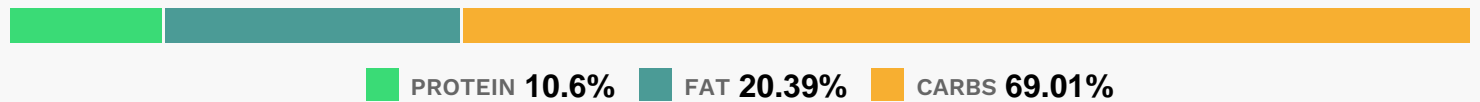
Equipment

- bowl

Directions

- In a large bowl, beat cream cheese until fluffy. Beat in yogurt and vanilla until smooth.
- Set aside three orange segments for garnish. In a small bowl, mash remaining oranges with a fork; drain. Stir into cream cheese mixture.
- Transfer to a serving bowl; garnish with reserved oranges. Refrigerate until serving; serve with fruit.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:5.5660868468492%

Nutrients (% of daily need)

Calories: 148.5kcal (7.42%), Fat: 3.49g (5.37%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 26.6g (8.87%), Net Carbohydrates: 24.39g (8.87%), Sugar: 21.83g (24.26%), Cholesterol: 12.1mg (4.03%), Sodium: 100.05mg (4.35%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 4.09g (8.17%), Vitamin A: 819.4IU (16.39%), Vitamin C: 11.72mg (14.2%), Calcium: 101.69mg (10.17%), Phosphorus: 96.86mg (9.69%), Fiber: 2.21g (8.83%), Vitamin B2: 0.15mg (8.69%), Potassium: 270.76mg (7.74%), Vitamin B12: 0.37µg (6.24%), Copper: 0.11mg (5.54%), Vitamin K: 5.7µg (5.43%), Zinc: 0.67mg (4.44%), Vitamin B5: 0.42mg (4.17%), Magnesium: 16.38mg (4.1%), Vitamin B1: 0.06mg (4.04%), Selenium: 2.71µg (3.87%), Vitamin B3: 0.65mg (3.23%), Folate: 11.42µg (2.85%), Vitamin B6: 0.06mg (2.79%), Iron: 0.5mg (2.76%), Manganese: 0.04mg (1.82%)