



Orange-Curry Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



65 min.

SERVINGS



6

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp curry powder
- 0.3 cup orange marmalade
- 4 drops pepper sauce hot
- 0.5 cup classic ranch dressing kraft

Equipment

Directions

- Mix all ingredients; cover.
- Refrigerate at least 1 hour to allow flavors to blend.

Nutrition Facts

PROTEIN 1.14% **FAT 65.56%** **CARBS 33.3%**

Properties

Glycemic Index:0.83, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.1117391586304%

Nutrients (% of daily need)

Calories: 119.96kcal (6%), Fat: 8.95g (13.77%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 10.02g (3.64%), Sugar: 8.96g (9.95%), Cholesterol: 5.2mg (1.73%), Sodium: 205.46mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Vitamin K: 27.15µg (25.86%), Phosphorus: 38.97mg (3.9%), Vitamin E: 0.53mg (3.51%), Vitamin B5: 0.16mg (1.62%), Vitamin C: 1.18mg (1.43%), Vitamin B2: 0.02mg (1.31%), Manganese: 0.03mg (1.28%), Calcium: 12.31mg (1.23%), Selenium: 0.84µg (1.2%), Iron: 0.18mg (1.01%)