



Orange Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons process cream cheese light softened
- 2 teaspoons juice of lime fresh
- 11 ounce mandarin oranges in syrup light drained chopped canned
- 1 teaspoon sugar
- 8 ounce carton vanilla yogurt low-fat

Equipment

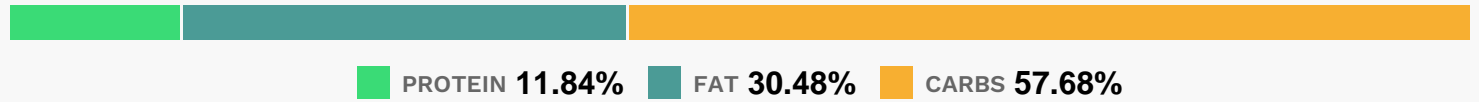
- bowl
- paper towels

- whisk
- spatula

Directions

- Spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes.
- Scrape yogurt into a bowl, using a rubber spatula.
- Add cream cheese and remaining ingredients, stirring well with a wire whisk until blended.
- Serve with fresh fruit such as apple or pear slices, strawberries, or pineapple chunks.

Nutrition Facts



Properties

Glycemic Index:13.91, Glycemic Load:1.85, Inflammation Score:-3, Nutrition Score:2.3704347811315%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 2.57mg, Hesperetin: 2.57mg, Hesperetin: 2.57mg, Hesperetin: 2.57mg Naringenin: 3.13mg, Naringenin: 3.13mg, Naringenin: 3.13mg, Naringenin: 3.13mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 52.82kcal (2.64%), Fat: 1.88g (2.89%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 7.43g (2.7%), Sugar: 7.01g (7.79%), Cholesterol: 5.53mg (1.84%), Sodium: 29.28mg (1.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Vitamin C: 8.81mg (10.68%), Vitamin A: 281.04IU (5.62%), Calcium: 54.68mg (5.47%), Phosphorus: 41.65mg (4.16%), Vitamin B2: 0.07mg (3.94%), Potassium: 108.35mg (3.1%), Fiber: 0.57g (2.26%), Vitamin B5: 0.22mg (2.19%), Selenium: 1.52µg (2.17%), Vitamin B12: 0.13µg (2.16%), Folate: 7.98µg (1.99%), Magnesium: 7.84mg (1.96%), Vitamin B1: 0.03mg (1.92%), Vitamin B6: 0.04mg (1.87%), Zinc: 0.23mg (1.55%)