



## Orange Yogurt Fruit Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



16

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 oz cream cheese reduced-fat (Neufchâtel)
- 6 oz creme de cassis yoplait®
- 0.5 cup orange marmalade
- 0.1 teaspoon nutmeg
- 2 tablespoons pecans coarsely chopped
- 1 serving orange zest grated
- 1 serving nutmeg
- 1 serving fruit fresh assorted

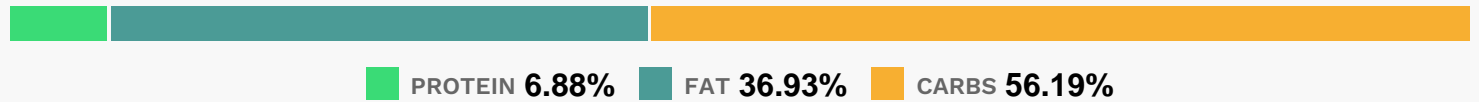
# Equipment

- bowl
- hand mixer

# Directions

- In medium bowl, beat cream cheese with electric mixer on medium speed until creamy. Beat in yogurt, marmalade and 1/8 teaspoon nutmeg until smooth.
- Spoon into serving bowl. Top with pecans and orange peel.
- Sprinkle with nutmeg.
- Serve with fruit.

# Nutrition Facts



# Properties

Glycemic Index:9.38, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.3773913046588%

# Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

# Nutrients (% of daily need)

Calories: 72.84kcal (3.64%), Fat: 3.13g (4.81%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 10.29g (3.74%), Sugar: 9.16g (10.18%), Cholesterol: 7.65mg (2.55%), Sodium: 58.18mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Manganese: 0.07mg (3.36%), Calcium: 28.02mg (2.8%), Phosphorus: 26.75mg (2.68%), Vitamin A: 110.81IU (2.22%), Vitamin B12: 0.13µg (2.17%), Vitamin C: 1.68mg (2.04%), Vitamin B2: 0.03mg (1.93%), Copper: 0.04mg (1.85%), Fiber: 0.42g (1.67%), Potassium: 52.62mg (1.5%), Vitamin B5: 0.14mg (1.39%), Vitamin B1: 0.02mg (1.11%), Folate: 4.35µg (1.09%), Zinc: 0.16mg (1.07%)