



Pineapple-Lime Fruit Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz pineapple crushed drained well canned
- ☐ 1 cup cream sour
- ☐ 1 tablespoon brown sugar packed
- ☐ 1 teaspoon lime zest fresh grated
- ☐ 2 apples cut into 12 slices
- ☐ 1 halves strawberries

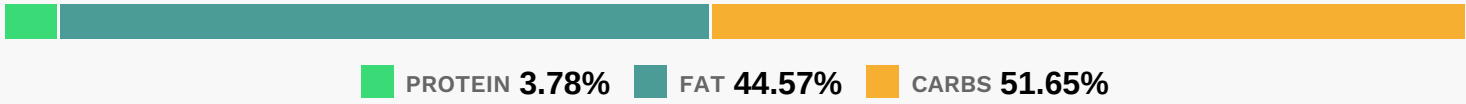
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix all ingredients except apples and strawberries.
- ☐ Cover and refrigerate dip until serving.
- ☐ Serve with apple slices and strawberry halves.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:1.4, Inflammation Score:-2, Nutrition Score:2.2604347856148%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.15mg, Pelargonidin: 3.15mg, Pelargonidin: 3.15mg, Pelargonidin: 3.15mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 72.97kcal (3.65%), Fat: 3.83g (5.89%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 8.75g (3.18%), Sugar: 8.1g (9%), Cholesterol: 11.31mg (3.77%), Sodium: 6.84mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin C: 10.84mg (13.14%), Fiber: 1.23g (4.93%), Manganese: 0.06mg (3.11%), Vitamin A: 146.84IU (2.94%), Potassium: 100.73mg (2.88%), Vitamin B2: 0.05mg (2.76%), Calcium: 27.11mg (2.71%), Phosphorus: 22.34mg (2.23%), Vitamin B1: 0.03mg (2.09%), Vitamin B6: 0.04mg (2.05%), Magnesium: 8.02mg (2%), Copper: 0.04mg (1.93%), Folate: 6.07µg (1.52%), Vitamin K: 1.37µg (1.3%), Selenium: 0.85µg (1.21%), Vitamin E: 0.17mg (1.12%)