



Pink Lemonade-Lime Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounce lemonade concentrate frozen thawed canned
- 1 teaspoon lime zest grated
- 14 ounce condensed milk sweetened canned

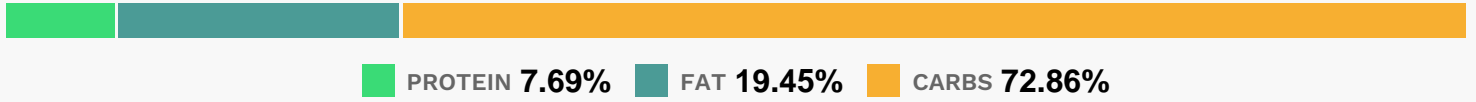
Equipment

- bowl

Directions

Stir together all ingredients in a small bowl until blended. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:13.29, Glycemic Load:18.82, Inflammation Score:-2, Nutrition Score:4.3708696196909%

Flavonoids

Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 229.72kcal (11.49%), Fat: 5.1g (7.85%), Saturated Fat: 3.12g (19.49%), Carbohydrates: 43g (14.33%), Net Carbohydrates: 42.92g (15.61%), Sugar: 41.66g (46.29%), Cholesterol: 19.28mg (6.43%), Sodium: 73.71mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Calcium: 162.82mg (16.28%), Phosphorus: 145.2mg (14.52%), Vitamin B2: 0.24mg (13.88%), Selenium: 8.49µg (12.13%), Potassium: 228.14mg (6.52%), Vitamin C: 4.74mg (5.75%), Vitamin B5: 0.45mg (4.54%), Vitamin B12: 0.25µg (4.16%), Magnesium: 16.46mg (4.11%), Vitamin B1: 0.06mg (3.73%), Zinc: 0.54mg (3.62%), Vitamin A: 151.53IU (3.03%), Folate: 7.96µg (1.99%), Vitamin B6: 0.03mg (1.69%)