



Pretty-In-Pink Dip

READY IN



15 min.

SERVINGS



15

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup knudsen milkfat cottage cheese 2% low fat
- 3 Tbsp honey
- 2 Tbsp orange juice
- 1 cup raspberries without syrup frozen thawed
- 28 chewy fig-filled cookies

Equipment

- food processor
- blender

Directions

- Place cottage cheese, raspberries, honey and juice in electric blender or food processor container; cover. Blend until smooth.
- Refrigerate until serving time.
- Serve as a dip with cookies.

Nutrition Facts



Properties

Glycemic Index:6.95, Glycemic Load:1.92, Inflammation Score:-1, Nutrition Score:2.0413043505472%

Flavonoids

Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 192.39kcal (9.62%), Fat: 4.64g (7.14%), Saturated Fat: 0.77g (4.78%), Carbohydrates: 37.04g (12.35%), Net Carbohydrates: 36.69g (13.34%), Sugar: 26.38g (29.31%), Cholesterol: 0.6mg (0.2%), Sodium: 164.41mg (7.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.89%), Vitamin B2: 0.08mg (4.8%), Vitamin B1: 0.06mg (4.24%), Phosphorus: 37.54mg (3.75%), Manganese: 0.07mg (3.48%), Folate: 13.77µg (3.44%), Vitamin B3: 0.64mg (3.18%), Calcium: 30.9mg (3.09%), Iron: 0.54mg (2.99%), Selenium: 2.06µg (2.95%), Vitamin E: 0.36mg (2.41%), Copper: 0.03mg (1.61%), Vitamin B12: 0.09µg (1.58%), Vitamin C: 1.15mg (1.4%), Fiber: 0.35g (1.4%), Vitamin B5: 0.13mg (1.28%), Potassium: 40.06mg (1.14%), Vitamin K: 1.14µg (1.08%), Magnesium: 4.22mg (1.06%), Zinc: 0.16mg (1.05%)