



Raspberry-Lemon Fruit Dip

 Gluten Free

READY IN



10 min.

SERVINGS



20

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cream cheese softened reduced-fat
- 0.5 cup marshmallow creme
- 6 ounces yogurt yoplait®
- 1 pieces fruit fresh assorted

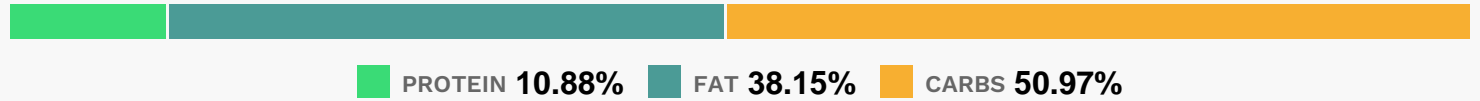
Equipment

- bowl
- whisk

Directions

- Mix cream cheese and marshmallow creme in medium bowl with wire whisk until smooth. Stir in yogurt.
- Serve dip with fruit.

Nutrition Facts



Properties

Glycemic Index:0.95, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.53347826327967%

Nutrients (% of daily need)

Calories: 27.06kcal (1.35%), Fat: 1.19g (1.84%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 3.59g (1.31%), Sugar: 2.7g (3%), Cholesterol: 4.35mg (1.45%), Sodium: 25.45mg (1.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.53%), Calcium: 19.17mg (1.92%), Phosphorus: 17.21mg (1.72%), Vitamin B12: 0.09µg (1.44%), Vitamin B2: 0.02mg (1.36%)