



Raspberry-Lemon Fruit Dip

 Gluten Free

READY IN



10 min.

SERVINGS



20

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

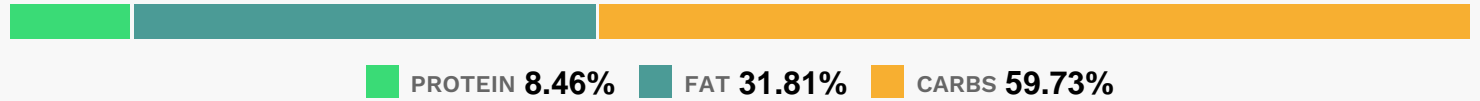
Equipment

- 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:1.27, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:0.69304346325605%

Flavonoids

Eriodictyol: 1.82mg, Eriodictyol: 1.82mg, Eriodictyol: 1.82mg, Eriodictyol: 1.82mg Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 24.33kcal (1.22%), Fat: 0.94g (1.45%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 3.75g (1.36%), Sugar: 2.52g (2.8%), Cholesterol: 3.24mg (1.08%), Sodium: 21.71mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.13%), Vitamin C: 4.51mg (5.47%), Calcium: 11.09mg (1.11%), Phosphorus: 10.49mg (1.05%)