



Raspberry-Mint Marshmallow Creme Dip

 Gluten Free

READY IN



145 min.

SERVINGS



15

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 oz cream cheese softened (from 8-oz package)
- ☐ 1 cup marshmallow creme
- ☐ 6 oz yogurt yoplait®
- ☐ 0.5 cup raspberries fresh
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 15 strawberries fresh
- ☐ 3 kiwi fruit cut into 10 wedges
- ☐ 30 pieces pineapple fresh (2-inch)

Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In medium bowl, beat cream cheese, marshmallow creme, yogurt and raspberries with electric mixer on high speed until smooth. Stir in mint.
- ☐ Cover and refrigerate at least 2 hours but no longer than 12 hours.
- ☐ Serve dip with strawberries, kiwifruit and pineapple.

Nutrition Facts



Properties

Glycemic Index:14.89, Glycemic Load:1.73, Inflammation Score:-2, Nutrition Score:3.3478261135195%

Flavonoids

Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 3.02mg, Pelargonidin: 3.02mg, Pelargonidin: 3.02mg, Pelargonidin: 3.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 76.94kcal (3.85%), Fat: 3.11g (4.79%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 11.28g (4.1%), Sugar: 8.62g (9.57%), Cholesterol: 9.11mg (3.04%), Sodium: 30.05mg (1.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin C: 22.72mg (27.53%), Vitamin K: 8.11µg (7.72%), Manganese: 0.11mg (5.55%), Fiber: 1.08g (4.3%), Calcium: 30.64mg (3.06%), Phosphorus: 29.26mg (2.93%), Vitamin

A: 133.08IU (2.66%), Potassium: 90.25mg (2.58%), Folate: 10.3µg (2.58%), Vitamin B2: 0.04mg (2.52%), Vitamin E: 0.38mg (2.52%), Copper: 0.04mg (1.92%), Magnesium: 7.64mg (1.91%), Vitamin B5: 0.15mg (1.53%), Vitamin B6: 0.03mg (1.45%), Selenium: 0.99µg (1.42%), Zinc: 0.17mg (1.11%), Vitamin B1: 0.02mg (1.05%)