



Skinny Fluffy Orange Fruit Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz creme de cassis french yoplait®
- 2 tablespoons powdered sugar
- 1 tablespoon orange juice concentrate frozen
- 0.3 teaspoon vanilla
- 0.5 cup cool whip fat-free frozen thawed
- 1 serving fruit fresh assorted for dipping, if desired

Equipment

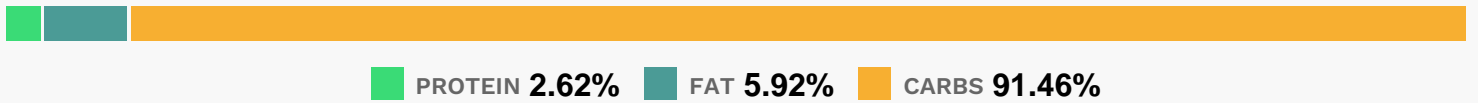
- bowl

hand mixer

Directions

- In medium bowl, beat cream cheese with electric mixer on low speed until smooth.
- Add yogurt, powdered sugar, orange juice concentrate and vanilla; beat 30 to 60 seconds on low speed until blended and smooth. Gently stir in whipped topping until well blended.
- Serve immediately or refrigerate up to 24 hours.
- Serve with fresh fruit.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.51086956618921%

Nutrients (% of daily need)

Calories: 24.76kcal (1.24%), Fat: 0.17g (0.26%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 5.71g (2.07%), Sugar: 5.18g (5.75%), Cholesterol: 0.5mg (0.17%), Sodium: 4.57mg (0.2%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 0.17g (0.34%), Vitamin C: 2mg (2.43%), Vitamin B2: 0.02mg (1.42%)