



Skinny Fluffy Orange Fruit Dip

 Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 servings fruit fresh assorted for dipping, if desired
- 1 tablespoon orange juice concentrate frozen
- 2 tablespoons powdered sugar
- 0.3 teaspoon vanilla
- 0.5 cup non-dairy whipped topping fat-free frozen thawed
- 6 oz yogurt french yoplait®

Equipment

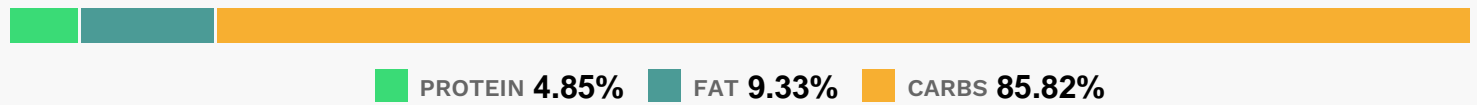
- bowl

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:1.58, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:2.6021739237982%

Nutrients (% of daily need)

Calories: 90.44kcal (4.52%), Fat: 0.99g (1.53%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 20.53g (6.84%), Net Carbohydrates: 18.62g (6.77%), Sugar: 16.41g (18.23%), Cholesterol: 1.91mg (0.64%), Sodium: 14.82mg (0.64%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 1.16g (2.32%), Fiber: 1.91g (7.63%), Vitamin A: 378.89IU (7.58%), Vitamin C: 4.46mg (5.41%), Vitamin K: 5.58µg (5.32%), Copper: 0.09mg (4.57%), Potassium: 138.49mg (3.96%), Vitamin B2: 0.05mg (3.17%), Phosphorus: 30.76mg (3.08%), Calcium: 25.79mg (2.58%), Vitamin B3: 0.49mg (2.46%), Iron: 0.38mg (2.13%), Magnesium: 8.29mg (2.07%), Manganese: 0.03mg (1.67%), Vitamin B1: 0.02mg (1.49%), Vitamin B6: 0.03mg (1.37%), Zinc: 0.2mg (1.3%), Vitamin B5: 0.11mg (1.11%), Folate: 4.4µg (1.1%)