



Strawberry Fruit Dip

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 tsp lemon zest
- 8 oz philadelphia strawberry
- 0.5 cup strawberries fresh chopped

Equipment

Directions

- Mix ingredients until blended.

Refrigerate 1 hour.

Nutrition Facts

PROTEIN 6.92% **FAT 84.39%** **CARBS 8.69%**

Properties

Glycemic Index:6.7, Glycemic Load:0.5, Inflammation Score:-2, Nutrition Score:1.4982608718717%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 81.71kcal (4.09%), Fat: 7.82g (12.04%), Saturated Fat: 4.58g (28.64%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.66g (0.6%), Sugar: 1.21g (1.34%), Cholesterol: 22.91mg (7.64%), Sodium: 71.29mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.89%), Vitamin A: 305.48IU (6.11%), Vitamin C: 4.3mg (5.21%), Vitamin B2: 0.05mg (3.16%), Selenium: 1.98µg (2.83%), Phosphorus: 26mg (2.6%), Calcium: 23.22mg (2.32%), Manganese: 0.03mg (1.51%), Vitamin E: 0.22mg (1.44%), Vitamin B5: 0.14mg (1.38%), Potassium: 41.03mg (1.17%)