



Strawberry Marshmallow Fruit Dip

 Gluten Free

READY IN



85 min.

SERVINGS



16

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup marshmallow creme
- ☐ 6 oz strawberry yogurt fat free
- ☐ 0.5 cup strawberries chopped
- ☐ 15 strawberries fresh
- ☐ 30 pieces cavaillon melon or
- ☐ 30 grapes

Equipment

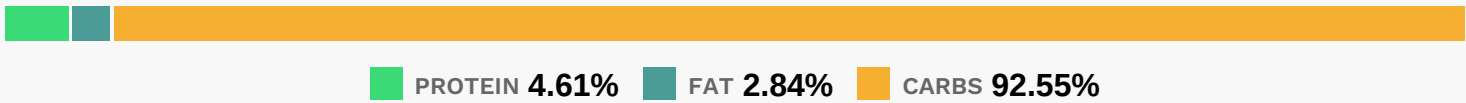
- ☐ bowl

☐ hand mixer

Directions

- ☐ In medium bowl, beat cream cheese, marshmallow crème, yogurt and strawberries with electric mixer on high speed until smooth.
- ☐ Cover; refrigerate at least 1 hour.
- ☐ Serve dip with fruit.
- ☐ Garnish with fresh mint, if desired.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:1.14, Inflammation Score:-1, Nutrition Score:1.4843478160708%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.91mg, Pelargonidin: 3.91mg, Pelargonidin: 3.91mg, Pelargonidin: 3.91mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 47.28kcal (2.36%), Fat: 0.16g (0.25%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 11.42g (4.15%), Sugar: 9.03g (10.03%), Cholesterol: 0.96mg (0.32%), Sodium: 6.5mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin C: 9.82mg (11.91%), Manganese: 0.07mg (3.37%), Potassium: 64.03mg (1.83%), Fiber: 0.45g (1.8%), Vitamin B2: 0.03mg (1.72%), Vitamin K: 1.72µg (1.63%), Calcium: 15.25mg (1.53%), Vitamin A: 74.79IU (1.5%), Phosphorus: 14.42mg (1.44%), Folate: 4.53µg (1.13%), Copper: 0.02mg (1.01%)