



Strawberry-Orange Fruit Dip



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 0.3 cup powdered sugar
- ☐ 0.5 teaspoon orange zest grated
- ☐ 3 oz strawberries chopped
- ☐ 1 serving fruit assorted for dipping, as desired

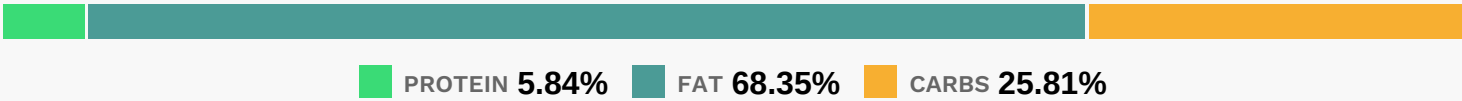
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In small bowl, beat cream cheese, powdered sugar and orange peel with electric mixer on low speed until smooth. Stir in strawberries.
- ☐ Serve with assorted fruit. Cover and refrigerate any remaining dip.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:0.44, Inflammation Score:-2, Nutrition Score:1.4869565056718%

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: 1.76mg, Pelargonidin: 1.76mg, Pelargonidin: 1.76mg, Pelargonidin: 1.76mg 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: 83.85kcal (4.19%), Fat: 6.53g (10.05%), Saturated Fat: 3.82g (23.87%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 5.24g (1.91%), Sugar: 4.61g (5.13%), Cholesterol: 19.09mg (6.36%), Sodium: 59.96mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.51%), Vitamin A: 284.85IU (5.7%), Vitamin C: 4.5mg (5.45%), Vitamin B2: 0.05mg (2.82%), Selenium: 1.67µg (2.39%), Phosphorus: 23.13mg (2.31%), Calcium: 20.12mg (2.01%), Manganese: 0.03mg (1.61%), Potassium: 44.81mg (1.28%), Fiber: 0.31g (1.23%), Vitamin E: 0.18mg (1.22%), Vitamin B5: 0.12mg (1.21%)