



Sugar and Spice Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon brown sugar packed
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 Dash nutmeg
- ☐ 12 oz vanilla yogurt thick yoplait®
- ☐ 2.5 cups wedges honeydew melon cubed ()
- ☐ 8 oz raspberries red

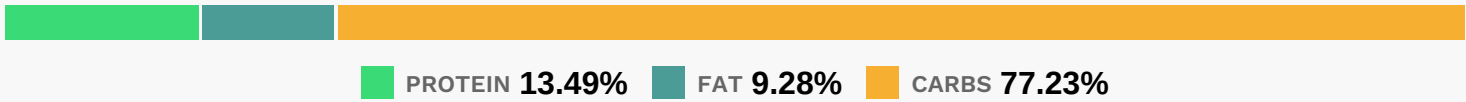
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix brown sugar, cinnamon and nutmeg. Stir in yogurt.
- ☐ Spoon yogurt mixture into small serving bowl.
- ☐ Sprinkle with additional ground cinnamon.
- ☐ Serve with melon and raspberries.

Nutrition Facts



Properties

Glycemic Index:10.1, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:4.0226086481758%

Flavonoids

Cyanidin: 10.38mg, Cyanidin: 10.38mg, Cyanidin: 10.38mg, Cyanidin: 10.38mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 61.22kcal (3.06%), Fat: 0.67g (1.03%), Saturated Fat: 0.32g (2%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 10.66g (3.88%), Sugar: 10.34g (11.49%), Cholesterol: 1.7mg (0.57%), Sodium: 30.69mg (1.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin C: 13.87mg (16.81%), Manganese: 0.18mg (8.86%), Fiber: 1.86g (7.45%), Calcium: 68.07mg (6.81%), Potassium: 207.81mg (5.94%), Phosphorus: 57.47mg (5.75%), Vitamin B2: 0.08mg (4.83%), Folate: 16.67µg (4.17%), Magnesium: 15mg (3.75%), Vitamin B5: 0.33mg (3.3%), Vitamin B6: 0.07mg (3.3%), Vitamin B12: 0.18µg (3.01%), Vitamin K: 3.05µg (2.91%), Selenium: 2.03µg (2.9%), Zinc: 0.42mg (2.8%), Vitamin B1: 0.04mg (2.54%), Copper: 0.04mg (1.84%), Vitamin B3: 0.35mg (1.76%), Iron: 0.27mg (1.49%), Vitamin E: 0.21mg (1.43%)