



Super Easy Fruit Dip

 Gluten Free

READY IN



35 min.

SERVINGS



16

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

☐ 8 ounce non-dairy whipped topping frozen thawed

☐ 8 ounce yogurt

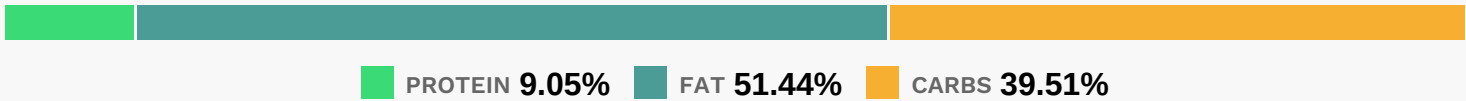
Equipment

☐ bowl

Directions

In a medium bowl, blend the whipped topping and yogurt. Chill in the refrigerator 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:1.19, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:0.6730434809528%

Nutrients (% of daily need)

Calories: 40.4kcal (2.02%), Fat: 2.32g (3.57%), Saturated Fat: 1.9g (11.87%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 4.01g (1.46%), Sugar: 4.01g (4.45%), Cholesterol: 2.13mg (0.71%), Sodium: 16.73mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.83%), Calcium: 27.22mg (2.72%), Phosphorus: 23.96mg (2.4%), Vitamin B2: 0.03mg (1.93%), Vitamin B12: 0.08µg (1.35%), Potassium: 36.29mg (1.04%)