



## Sweet Dip With Cookies and Fruit

READY IN



10 min.

SERVINGS



6

CALORIES



283 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 servings poached berries assorted
- 3 tablespoons butter
- 6 servings chocolate squares dark
- 6 servings grands flaky refrigerator biscuits assorted
- 4 ounces cream cheese softened
- 0.5 teaspoon orange zest
- 2.5 tablespoons powdered sugar
- 1 tablespoon vanilla yogurt plain

# Equipment

hand mixer

# Directions

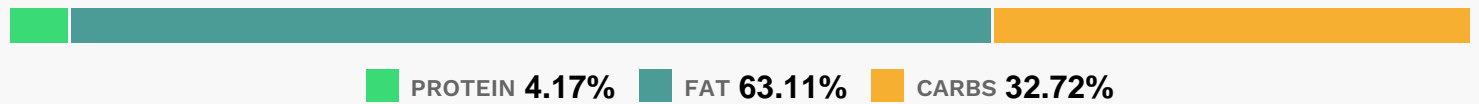
Beat first 4 ingredients at medium-high speed with an electric mixer until smooth. Gradually add sugar, beating until creamy. Cover and chill at least 1 hour or up to 3 days.

Let stand at room temperature 30 minutes before serving.

Serve with cookies, berries, and chocolate.

Serve small, pretty imported cookies, one bar of the best dark chocolate, and a handful of fresh berries.

# Nutrition Facts



# Properties

Glycemic Index:27.33, Glycemic Load:11.56, Inflammation Score:-3, Nutrition Score:3.8339130710001%

# Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

# Nutrients (% of daily need)

Calories: 282.71kcal (14.14%), Fat: 19.99g (30.75%), Saturated Fat: 9.96g (62.23%), Carbohydrates: 23.32g (7.77%), Net Carbohydrates: 22.8g (8.29%), Sugar: 10.81g (12.01%), Cholesterol: 34.34mg (11.45%), Sodium: 205.68mg (8.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Vitamin A: 455.82IU (9.12%), Vitamin B2: 0.14mg (8.38%), Manganese: 0.14mg (7.16%), Vitamin B1: 0.11mg (7.05%), Vitamin E: 1.02mg (6.8%), Folate: 25.08µg (6.27%), Iron: 0.98mg (5.46%), Selenium: 3.69µg (5.26%), Phosphorus: 48.11mg (4.81%), Vitamin B3: 0.96mg (4.8%), Vitamin K: 4.21µg (4.01%), Calcium: 30.46mg (3.05%), Copper: 0.05mg (2.37%), Vitamin B5: 0.22mg (2.25%), Magnesium: 8.66mg (2.17%), Fiber: 0.52g (2.07%), Zinc: 0.3mg (2%), Potassium: 66.68mg (1.91%), Vitamin B6: 0.03mg (1.67%), Vitamin B12: 0.07µg (1.23%)