

Tropical Fruit Dip

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs beaten
- 1.5 teaspoons flour all-purpose
- 10 servings fruit fresh assorted
- 2.3 teaspoons juice of lemon
- 2 tablespoons orange juice
- 0.3 cup pineapple juice
- 0.3 cup sugar
- 1.5 cups non-dairy whipped topping

Equipment

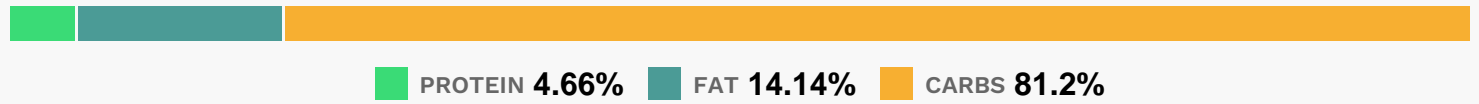
sauce pan

Directions

In a small saucepan, combine the sugar and flour. Stir in egg and juices. Cook and stir over low heat until mixture is thickened and reaches 160 degrees F. Cover and refrigerate until chilled. Just before serving, fold in whipped topping.

Serve with fruit.

Nutrition Facts



Properties

Glycemic Index:24.31, Glycemic Load:4.18, Inflammation Score:-3, Nutrition Score:3.0056521633397%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 124.28kcal (6.21%), Fat: 2.05g (3.15%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 26.45g (8.82%), Net Carbohydrates: 24.52g (8.92%), Sugar: 21.9g (24.33%), Cholesterol: 16.59mg (5.53%), Sodium: 20.49mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Vitamin A: 397.12IU (7.94%), Fiber: 1.93g (7.7%), Vitamin C: 5.33mg (6.46%), Vitamin K: 5.85µg (5.57%), Copper: 0.1mg (4.98%), Potassium: 138.95mg (3.97%), Vitamin B2: 0.06mg (3.74%), Manganese: 0.07mg (3.29%), Phosphorus: 32.72mg (3.27%), Iron: 0.5mg (2.77%), Vitamin B3: 0.52mg (2.62%), Selenium: 1.76µg (2.52%), Magnesium: 8.46mg (2.11%), Folate: 7.63µg (1.91%), Vitamin B6: 0.04mg (1.83%), Vitamin B1: 0.03mg (1.82%), Calcium: 17.68mg (1.77%), Vitamin B5: 0.13mg (1.29%), Zinc: 0.19mg (1.24%), Vitamin B12: 0.06µg (1.03%)