



Tropical Fruit Dip for Cookies and Fruit

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



234 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup vanilla yogurt
- ☐ 0.3 cup coconut flakes flaked toasted
- ☐ 8 ounces pineapple rings crushed drained canned
- ☐ 2 tablespoons brown sugar packed
- ☐ 2 nectarines sliced
- ☐ 16 strawberries
- ☐ 8 small bunches grapes
- ☐ 16 irish whiskey fudge

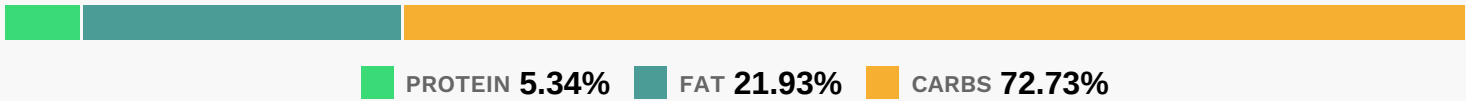
Equipment

☐ bowl

Directions

- ☐ In medium bowl, mix yogurt, coconut, pineapple and brown sugar.
- ☐ Serve dip immediately with fruit and cookies, or cover and refrigerate at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:14.29, Inflammation Score:-3, Nutrition Score:6.2217391055563%

Flavonoids

Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 233.59kcal (11.68%), Fat: 5.84g (8.98%), Saturated Fat: 3.97g (24.79%), Carbohydrates: 43.57g (14.52%), Net Carbohydrates: 41.17g (14.97%), Sugar: 40.36g (44.84%), Cholesterol: 6.29mg (2.1%), Sodium: 42.49mg (1.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Vitamin C: 18.12mg (21.97%), Manganese: 0.33mg (16.6%), Copper: 0.21mg (10.53%), Fiber: 2.4g (9.6%), Phosphorus: 88.25mg (8.83%), Calcium: 81.4mg (8.14%), Magnesium: 30.44mg (7.61%), Potassium: 251.33mg (7.18%), Vitamin B2: 0.11mg (6.74%), Iron: 1.02mg (5.67%), Zinc: 0.82mg (5.49%), Vitamin B1: 0.07mg (4.72%), Selenium: 3.09µg (4.41%), Vitamin A: 202.8IU (4.06%), Folate: 14.33µg (3.58%), Vitamin B6: 0.07mg (3.47%), Vitamin B3: 0.68mg (3.42%), Vitamin B5: 0.34mg (3.38%), Vitamin B12: 0.19µg (3.22%), Vitamin E: 0.37mg (2.48%), Vitamin K: 2.1µg (2%)