

# Cool Raspberry Fruit Dip

CoolWhip.com

**Servings: 10**

**Yield: 20 tablespoons**

*1 container (6 ounce) raspberry  
nonfat yogurt*

*3/4 cup Cool Whip sugar-free  
whipped topping, thawed*

**Preparation Time: 5 minutes**

In a bowl, mix the yogurt and Cool Whip until blended. Cover.

Refrigerate at least one hour.

Serve as a dip with fresh fruit.

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Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Appetizers

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	0	<b>Vitamin B6 (mg):</b>	0mg
<b>% Calories from Fat:</b>	0.0%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	0.0%	<b>Thiamin B1 (mg):</b>	0mg
<b>% Calories from Protein:</b>	0.0%	<b>Riboflavin B2 (mg):</b>	0mg
<b>Total Fat (g):</b>	0g	<b>Folacin (mcg):</b>	0mcg
<b>Saturated Fat (g):</b>	0g	<b>Niacin (mg):</b>	0mg
<b>Monounsaturated Fat (g):</b>	0g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	0g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	0g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	0g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	0g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	0mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	0mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	0mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	0mg	<b>Fat:</b>	0
<b>Zinc (mg):</b>	0mg	<b>Other Carbohydrates:</b>	0

Vitamin C (mg): 0mg  
Vitamin A (i.u.): 0IU  
Vitamin A (r.e.): 0RE

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## Nutrition Facts

Servings per Recipe: 10

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### Amount Per Serving

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**Calories** 0 **Calories from Fat:** 0

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**% Daily Values\***

<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrates</b> 0g	0%
Dietary Fiber 0g	0%
<b>Protein</b> 0g	
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<b>Vitamin A</b>	0%
<b>Vitamin C</b>	0%
<b>Calcium</b>	0%
<b>Iron</b>	0%

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*\* Percent Daily Values are based on a 2000 calorie diet.*