



Apple Dip



Vegetarian



Gluten Free



Popular

READY IN



5 min.

SERVINGS



8

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.5 cup brown sugar



8 ounce cream cheese



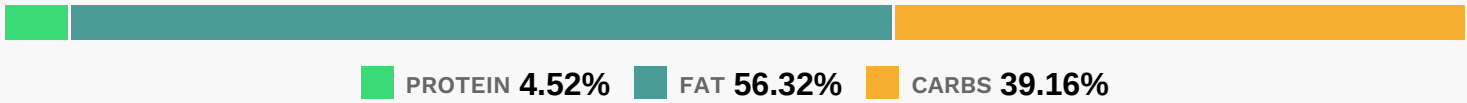
1 tablespoon vanilla extract

Equipment

Directions

Stir together the cream cheese, brown sugar, and vanilla extract until the sugar has dissolved, and the mixture is smooth.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:1.5460869611605%

Nutrients (% of daily need)

Calories: 156.15kcal (7.81%), Fat: 9.75g (15%), Saturated Fat: 5.73g (35.79%), Carbohydrates: 15.26g (5.09%), Net Carbohydrates: 15.26g (5.55%), Sugar: 14.61g (16.23%), Cholesterol: 28.63mg (9.54%), Sodium: 93.01mg (4.04%), Alcohol: 0.56g (100%), Alcohol %: 1.62% (100%), Protein: 1.76g (3.52%), Vitamin A: 380.73IU (7.61%), Vitamin B2: 0.07mg (3.93%), Calcium: 39.09mg (3.91%), Selenium: 2.6µg (3.72%), Phosphorus: 30.98mg (3.1%), Vitamin B5: 0.18mg (1.8%), Potassium: 58.11mg (1.66%), Vitamin E: 0.24mg (1.63%), Vitamin B6: 0.02mg (1.1%), Vitamin B12: 0.06µg (1.04%)