



Best Peanut Dressing

 **Gluten Free**

READY IN



5 min.

SERVINGS



3

CALORIES



880 kcal

SIDE DISH

Ingredients

- ☐ 3 ounce cream cheese softened
- ☐ 0.3 cup creamy peanut butter
- ☐ 1.5 cups half-and-half cream
- ☐ 0.5 cup honey
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup whipped cream

Equipment

- ☐ whisk

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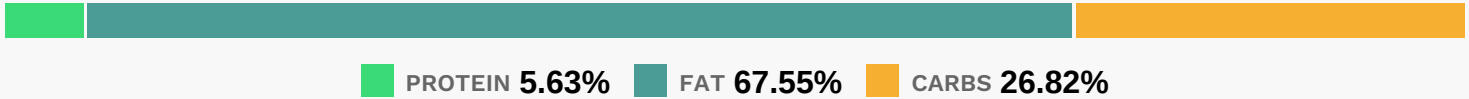
hand mixer

Directions

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Using a wire whisk or electric mixer, whip together the peanut butter, mayonnaise, honey, half-and-half, cream cheese and whipped cream until thoroughly blended.

Nutrition Facts



Properties

Glycemic Index:66.09, Glycemic Load:26.2, Inflammation Score:-6, Nutrition Score:14.519130432087%

Nutrients (% of daily need)

Calories: 880.2kcal (44.01%), Fat: 68.46g (105.33%), Saturated Fat: 22.88g (143%), Carbohydrates: 61.18g (20.39%), Net Carbohydrates: 59.69g (21.71%), Sugar: 56.47g (62.75%), Cholesterol: 94.26mg (31.42%), Sodium: 525.93mg (22.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.83g (25.66%), Vitamin K: 63.3µg (60.28%), Vitamin E: 4.45mg (29.64%), Phosphorus: 261.46mg (26.15%), Manganese: 0.47mg (23.62%), Vitamin B2: 0.39mg (22.93%), Vitamin B3: 4.05mg (20.23%), Calcium: 187.49mg (18.75%), Vitamin A: 901.84IU (18.04%), Magnesium: 65.7mg (16.43%), Selenium: 8.94µg (12.77%), Potassium: 410.37mg (11.72%), Vitamin B6: 0.22mg (11.22%), Zinc: 1.56mg (10.39%), Vitamin B5: 0.95mg (9.48%), Folate: 34.13µg (8.53%), Copper: 0.16mg (8.24%), Vitamin B12: 0.37µg (6.1%), Vitamin B1: 0.09mg (5.99%), Fiber: 1.49g (5.96%), Iron: 0.91mg (5.05%), Vitamin C: 1.37mg (1.66%)