



Brown Sugar Fruit Dip

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



267 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 10 servings garnish: brown sugar
- ☐ 8 oz cream cheese softened
- ☐ 10 servings fruit assorted
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup non-dairy whipped topping frozen thawed

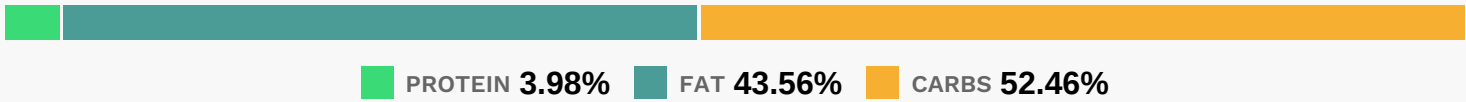
Equipment

☐ hand mixer

Directions

- ☐ Beat brown sugar and cream cheese at medium speed with an electric mixer until smooth.
- ☐ Add sour cream, vanilla, and, if desired, coffee liqueur, beating until blended and smooth; fold in whipped topping. Cover and chill 4 hours.
- ☐ Garnish, if desired.
- ☐ Serve with assorted fruit.
- ☐ Note: For testing purposes only, we used Kahla for coffee liqueur.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:4.1191304196482%

Nutrients (% of daily need)

Calories: 267.42kcal (13.37%), Fat: 13.36g (20.56%), Saturated Fat: 7.76g (48.52%), Carbohydrates: 36.21g (12.07%), Net Carbohydrates: 34.32g (12.48%), Sugar: 31.34g (34.82%), Cholesterol: 36.63mg (12.21%), Sodium: 93.9mg (4.08%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 2.74g (5.49%), Vitamin A: 811.3IU (16.23%), Fiber: 1.9g (7.58%), Vitamin B2: 0.13mg (7.43%), Calcium: 68.97mg (6.9%), Phosphorus: 62.14mg (6.21%), Vitamin K: 6.51µg (6.2%), Potassium: 192.27mg (5.49%), Copper: 0.11mg (5.26%), Selenium: 3.16µg (4.52%), Vitamin C: 2.81mg (3.41%), Magnesium: 12.19mg (3.05%), Iron: 0.52mg (2.9%), Vitamin B5: 0.28mg (2.75%), Vitamin B3: 0.53mg (2.66%), Vitamin B6: 0.05mg (2.44%), Manganese: 0.05mg (2.38%), Vitamin E: 0.32mg (2.13%), Zinc: 0.31mg (2.06%), Vitamin B12: 0.11µg (1.89%), Vitamin B1: 0.03mg (1.71%), Folate: 6.17µg (1.54%)