



Candy Cane Dip

READY IN



10 min.

SERVINGS



14

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 oz cream cheese softened
- 12 oz vanilla yogurt french yoplait®
- 0.3 cup peppermint candies white red crushed
- 28 chocolate wafers such as nabisco famous tubular-shaped

Equipment

- bowl

Directions

- In medium bowl, beat cream cheese until smooth. Beat in yogurt until blended. Stir in candies.
- Serve immediately, or cover and refrigerate until serving time.
- Serve with wafer cookies.

Nutrition Facts



Properties

Glycemic Index:10.46, Glycemic Load:6.22, Inflammation Score:-1, Nutrition Score:2.3726087322702%

Nutrients (% of daily need)

Calories: 106.17kcal (5.31%), Fat: 4.1g (6.3%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 14.88g (5.41%), Sugar: 10.12g (11.25%), Cholesterol: 7.59mg (2.53%), Sodium: 104.71mg (4.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.73%), Vitamin B2: 0.09mg (5.57%), Phosphorus: 55.14mg (5.51%), Calcium: 51.17mg (5.12%), Manganese: 0.09mg (4.26%), Selenium: 2.4µg (3.42%), Copper: 0.06mg (2.99%), Iron: 0.5mg (2.8%), Magnesium: 10.79mg (2.7%), Vitamin B12: 0.15µg (2.55%), Potassium: 86.43mg (2.47%), Zinc: 0.36mg (2.42%), Vitamin B1: 0.04mg (2.4%), Folate: 8.86µg (2.21%), Vitamin B5: 0.21mg (2.14%), Vitamin A: 93.47IU (1.87%), Vitamin B3: 0.37mg (1.87%), Fiber: 0.41g (1.63%), Vitamin B6: 0.02mg (1.02%)