

Carla's Fruit Dip

 **Gluten Free**

READY IN

ready

10 min.

SERVINGS

servings

10

CALORIES

calories

142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounce cream cheese
- ☐ 7 ounce marshmallow crème
- ☐ 8 ounce non-dairy whipped topping frozen thawed

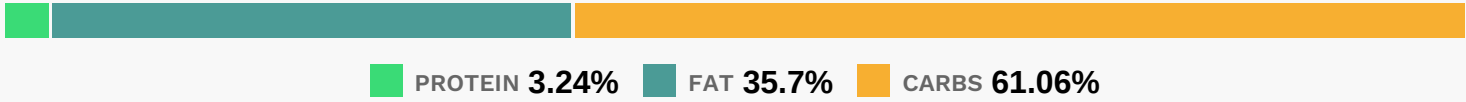
Equipment

- ☐ mixing bowl

Directions

- ☐ In a mixing bowl, combine the frozen whipped topping, marshmallow creme, and cream cheese.
- ☐ Mix until smooth.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:0.83869564873369%

Nutrients (% of daily need)

Calories: 141.69kcal (7.08%), Fat: 5.9g (9.07%), Saturated Fat: 4.28g (26.75%), Carbohydrates: 22.69g (7.56%), Net Carbohydrates: 22.69g (8.25%), Sugar: 17.88g (19.86%), Cholesterol: 9.04mg (3.01%), Sodium: 43.03mg (1.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.41%), Vitamin A: 131IU (2.62%), Phosphorus: 25.88mg (2.59%), Calcium: 24.35mg (2.44%), Vitamin B2: 0.04mg (2.35%), Selenium: 1.28µg (1.82%), Vitamin E: 0.19mg (1.24%), Vitamin B12: 0.06µg (1.07%)