



Casey and Leigh's Delightful Fruit Dip

 Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces cream cheese
- 1 dash food coloring
- 1.1 cups marshmallow fluff
- 0.5 cup vanilla yogurt

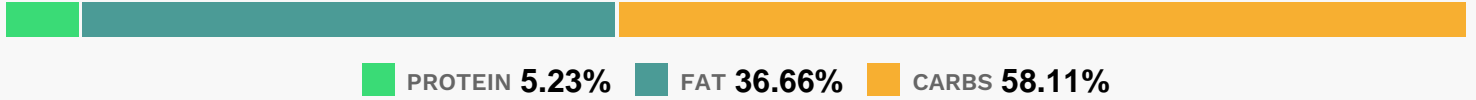
Equipment

Directions

Mix cream cheese, marshmallow creme, yogurt and food color until smooth.

Serve with fresh fruit.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.2765217397524%

Nutrients (% of daily need)

Calories: 117.63kcal (5.88%), Fat: 5.07g (7.8%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 18.08g (6.03%), Net Carbohydrates: 18.08g (6.57%), Sugar: 13.63g (15.14%), Cholesterol: 15.08mg (5.03%), Sodium: 54.62mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.25%), Calcium: 39.93mg (3.99%), Vitamin A: 196.95IU (3.94%), Vitamin B2: 0.06mg (3.73%), Phosphorus: 35.84mg (3.58%), Selenium: 1.97µg (2.81%), Vitamin B12: 0.11µg (1.87%), Vitamin B5: 0.17mg (1.65%), Potassium: 52.25mg (1.49%), Zinc: 0.2mg (1.32%)