



## Cinnamon-Brown Sugar Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

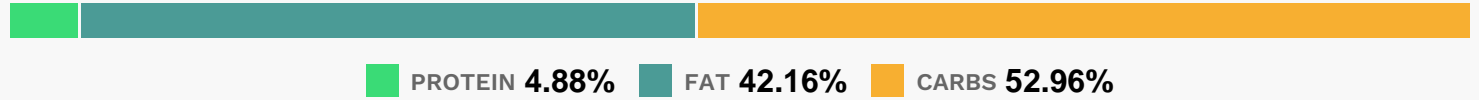
- 2 apples cut into 8 wedges
- 1 Tbsp brown sugar
- 0.3 cup philadelphia cream cheese spread
- 0.3 cup knudsen cream sour
- 0.3 tsp ground cinnamon
- 1 Tbsp milk

### Equipment

## Directions

- Mix first 5 ingredients until blended.
- Serve with apples for dipping.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:1.36, Inflammation Score:-1, Nutrition Score:0.93391305078631%

## Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

## Nutrients (% of daily need)

Calories: 50.01kcal (2.5%), Fat: 2.46g (3.78%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 6.03g (2.19%), Sugar: 5.4g (5.99%), Cholesterol: 7.09mg (2.36%), Sodium: 29.39mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Fiber: 0.91g (3.63%), Vitamin A: 112.01IU (2.24%), Vitamin C: 1.73mg (2.1%), Calcium: 18.29mg (1.83%), Potassium: 50.26mg (1.44%), Manganese: 0.03mg (1.28%), Vitamin B2: 0.02mg (1.25%)