

# Coffee Flavored Fruit Dip

 **Gluten Free**

READY IN



**20 min.**

SERVINGS



**4**

CALORIES



**610 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup brown sugar
- 0.3 cup rum / brandy / coffee liqueur
- 8 ounce cream cheese softened
- 8 ounce cream sour
- 8 ounce non-dairy whipped topping frozen thawed

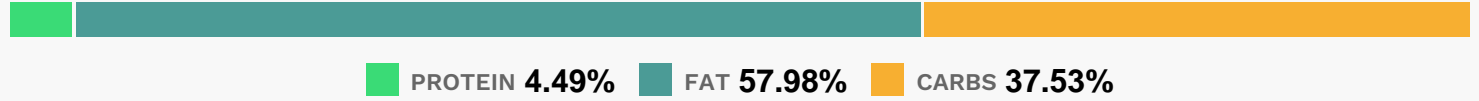
## Equipment

- bowl
- hand mixer

## Directions

- Place cream cheese, sour cream, brown sugar and coffee-flavored liqueur in a medium bowl. Blend together with an electric mixer until smooth. Fold in thawed frozen whipped topping. Chill in the refrigerator until serving.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:5.9256522266761%

## Nutrients (% of daily need)

Calories: 609.67kcal (30.48%), Fat: 37.99g (58.45%), Saturated Fat: 23.61g (147.54%), Carbohydrates: 55.32g (18.44%), Net Carbohydrates: 55.32g (20.12%), Sugar: 53.33g (59.25%), Cholesterol: 91.85mg (30.62%), Sodium: 245.71mg (10.68%), Alcohol: 4.27g (100%), Alcohol %: 2.49% (100%), Protein: 6.62g (13.25%), Vitamin A: 1156.66IU (23.13%), Calcium: 175.35mg (17.53%), Vitamin B2: 0.28mg (16.28%), Phosphorus: 146.82mg (14.68%), Selenium: 8.66µg (12.38%), Potassium: 239.56mg (6.84%), Vitamin E: 0.99mg (6.58%), Vitamin B12: 0.36µg (5.95%), Vitamin B5: 0.55mg (5.5%), Magnesium: 17.22mg (4.3%), Vitamin B6: 0.08mg (3.88%), Vitamin K: 3.86µg (3.67%), Zinc: 0.54mg (3.57%), Folate: 10.48µg (2.62%), Vitamin B1: 0.04mg (2.38%), Iron: 0.35mg (1.97%), Copper: 0.04mg (1.95%), Manganese: 0.03mg (1.5%)