



## Cream Cheese Fruit Dip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



375 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 ounces cream cheese softened
- 0.8 cup brown sugar packed
- 1 teaspoon vanilla extract
- 1 serving fruit fresh assorted

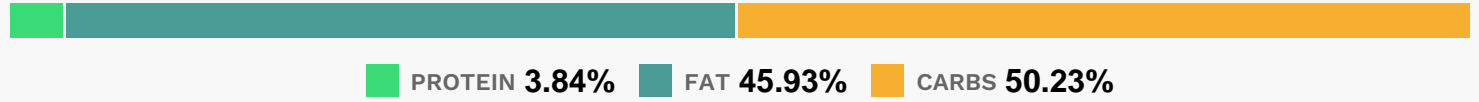
### Equipment

- bowl

## Directions

- In a small bowl, beat cream cheese, brown sugar and vanilla until smooth.
- Serve with fresh fruit for dipping. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.85, Inflammation Score:-5, Nutrition Score:3.7304348090421%

## Nutrients (% of daily need)

Calories: 374.96kcal (18.75%), Fat: 19.53g (30.05%), Saturated Fat: 11.46g (71.6%), Carbohydrates: 48.06g (16.02%), Net Carbohydrates: 47.59g (17.3%), Sugar: 45.6g (50.67%), Cholesterol: 57.27mg (19.09%), Sodium: 191.16mg (8.31%), Alcohol: 0.34g (100%), Alcohol %: 0.34% (100%), Protein: 3.67g (7.35%), Vitamin A: 850.94IU (17.02%), Calcium: 90.83mg (9.08%), Vitamin B2: 0.14mg (8.15%), Selenium: 5.37µg (7.67%), Phosphorus: 65.93mg (6.59%), Potassium: 157.55mg (4.5%), Vitamin B5: 0.39mg (3.9%), Vitamin E: 0.49mg (3.25%), Vitamin B6: 0.05mg (2.68%), Copper: 0.05mg (2.63%), Magnesium: 10.42mg (2.6%), Iron: 0.45mg (2.49%), Vitamin K: 2.55µg (2.43%), Zinc: 0.32mg (2.16%), Manganese: 0.04mg (2.15%), Vitamin B12: 0.12µg (2.08%), Fiber: 0.47g (1.9%), Folate: 6.11µg (1.53%), Vitamin B1: 0.02mg (1.11%), Vitamin B3: 0.22mg (1.09%)