



## Cream Cheese Fruit Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup brown sugar
- 8 ounce cream cheese softened
- 1 tablespoon vanilla extract

### Equipment

- stand mixer

### Directions

- Beat cream cheese in a stand mixer until whipped; add brown sugar and vanilla extract. Continue beating until dip is well mixed.

## Nutrition Facts



PROTEIN 3.39% FAT 41.82% CARBS 54.79%

## Properties

Glycemic Index:3.38, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:1.7265217589295%

## Nutrients (% of daily need)

Calories: 208.4kcal (10.42%), Fat: 9.75g (15%), Saturated Fat: 5.73g (35.79%), Carbohydrates: 28.75g (9.58%), Net Carbohydrates: 28.75g (10.45%), Sugar: 27.95g (31.05%), Cholesterol: 28.63mg (9.54%), Sodium: 96.86mg (4.21%), Alcohol: 0.56g (100%), Alcohol %: 1.23% (100%), Protein: 1.78g (3.55%), Vitamin A: 380.73IU (7.61%), Calcium: 50.5mg (5.05%), Selenium: 2.77µg (3.95%), Vitamin B2: 0.07mg (3.93%), Phosphorus: 31.53mg (3.15%), Potassium: 76.4mg (2.18%), Vitamin B5: 0.2mg (1.98%), Vitamin E: 0.24mg (1.63%), Vitamin B6: 0.03mg (1.38%), Magnesium: 5.22mg (1.31%), Iron: 0.23mg (1.27%), Manganese: 0.02mg (1.22%), Vitamin B12: 0.06µg (1.04%), Zinc: 0.15mg (1.01%)