



Cream-Topped Grapes

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



181 kcal

SIDE DISH

Ingredients

- 4 ounces cream cheese softened
- 3 cups grapes green seedless
- 3 cups grapes red seedless
- 0.5 cup cream sour
- 0.3 cup sugar
- 0.5 teaspoon vanilla extract

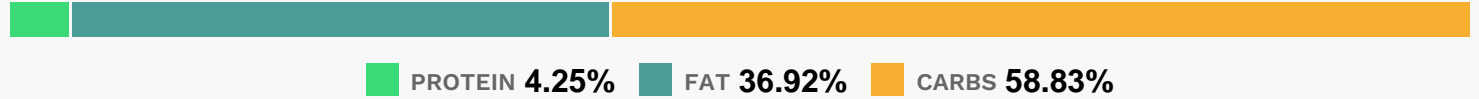
Equipment

- bowl

Directions

- In a small bowl, beat the cream cheese, sugar and vanilla.
- Add the sour cream; mix well. Divide grapes among individual serving bowls; dollop with topping.

Nutrition Facts



Properties

Glycemic Index:23.64, Glycemic Load:13.53, Inflammation Score:-3, Nutrition Score:4.171739127325%

Nutrients (% of daily need)

Calories: 181kcal (9.05%), Fat: 7.87g (12.1%), Saturated Fat: 4.38g (27.35%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 27.18g (9.88%), Sugar: 24.85g (27.61%), Cholesterol: 22.8mg (7.6%), Sodium: 51.31mg (2.23%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 2.04g (4.08%), Vitamin K: 17.05µg (16.24%), Vitamin B2: 0.14mg (8.09%), Copper: 0.15mg (7.48%), Potassium: 253.48mg (7.24%), Vitamin A: 354.67IU (7.09%), Vitamin B1: 0.08mg (5.62%), Vitamin B6: 0.11mg (5.56%), Phosphorus: 48.76mg (4.88%), Vitamin C: 3.75mg (4.55%), Manganese: 0.08mg (4.22%), Fiber: 1.02g (4.08%), Calcium: 39.68mg (3.97%), Selenium: 1.9µg (2.72%), Magnesium: 10.67mg (2.67%), Vitamin E: 0.39mg (2.61%), Iron: 0.44mg (2.43%), Vitamin B5: 0.19mg (1.86%), Zinc: 0.2mg (1.32%), Vitamin B3: 0.24mg (1.2%), Folate: 4.4µg (1.1%), Vitamin B12: 0.06µg (1.02%)