



Creamy Coconut Dip

 Gluten Free

READY IN



190 min.

SERVINGS



10

CALORIES



365 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 15 oz cream of coconut canned
- 16 oz cool whip whipped topping thawed

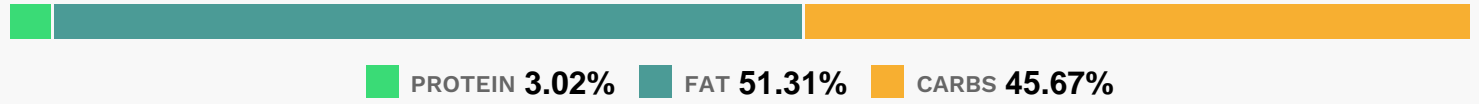
Equipment

- bowl
- whisk

Directions

- Mix cream cheese and cream of coconut in large bowl with whisk until blended.
- Stir in COOL WHIP.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:2.1908695733418%

Nutrients (% of daily need)

Calories: 365.11kcal (18.26%), Fat: 20.83g (32.05%), Saturated Fat: 16.09g (100.53%), Carbohydrates: 41.72g (13.91%), Net Carbohydrates: 40.31g (14.66%), Sugar: 39.91g (44.34%), Cholesterol: 23.81mg (7.94%), Sodium: 125.13mg (5.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.51%), Vitamin A: 338.15IU (6.76%), Phosphorus: 57.83mg (5.78%), Fiber: 1.42g (5.66%), Vitamin B2: 0.09mg (5.47%), Calcium: 54.2mg (5.42%), Selenium: 3.04µg (4.34%), Vitamin E: 0.42mg (2.81%), Vitamin B12: 0.14µg (2.34%), Potassium: 75.75mg (2.16%), Vitamin K: 1.93µg (1.84%), Magnesium: 5.22mg (1.3%), Vitamin B5: 0.13mg (1.29%), Vitamin B6: 0.02mg (1.09%), Zinc: 0.16mg (1.06%)