



Creamy Marshmallow Dip

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cream cheese light tub-style
- 0.3 cup marshmallow crème
- 0.5 cup strawberry yogurt low-fat

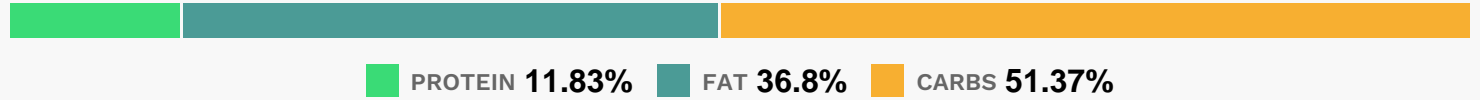
Equipment

- bowl
- blender

Directions

- Combine all ingredients in a medium bowl, and beat at low speed of a mixer until well-blended. Cover and chill for 2 hours.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.0726087015608%

Nutrients (% of daily need)

Calories: 115.99kcal (5.8%), Fat: 4.87g (7.49%), Saturated Fat: 2.88g (18.02%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 15.19g (5.52%), Sugar: 11.9g (13.22%), Cholesterol: 18.96mg (6.32%), Sodium: 124.54mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Calcium: 77.47mg (7.75%), Vitamin B12: 0.44µg (7.25%), Phosphorus: 69.49mg (6.95%), Vitamin B2: 0.11mg (6.51%), Potassium: 128.31mg (3.67%), Vitamin A: 175.09IU (3.5%), Vitamin B5: 0.25mg (2.54%), Selenium: 1.2µg (1.71%), Folate: 5.7µg (1.42%), Zinc: 0.17mg (1.14%)