



Creamy Raspberry Dip

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



24

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce neufchâtel cheese softened
- 0.5 cup splenda® no calorie sweetener
- 0.5 cup raspberries fresh
- 1 tablespoon raspberry extract
- 1 cup cup heavy whipping cream sour

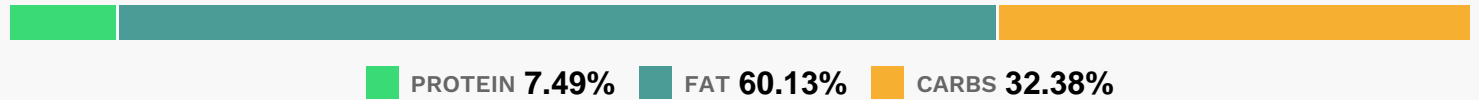
Equipment

- bowl
- hand mixer

Directions

- In a medium bowl, place the sour cream, Neufchatel cheese, SLENDA® Granulated Sweetener and raspberry extract. With an electric mixer, blend until smooth. Chill in the refrigerator approximately 30 minutes.
- Garnish with fresh raspberries to serve.

Nutrition Facts



Properties

Glycemic Index:4.29, Glycemic Load:2.03, Inflammation Score:-1, Nutrition Score:0.85260869433051%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 58.18kcal (2.91%), Fat: 4.03g (6.2%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 4.72g (1.72%), Sugar: 4.08g (4.54%), Cholesterol: 12.65mg (4.22%), Sodium: 34.56mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin A: 140IU (2.8%), Calcium: 21.36mg (2.14%), Phosphorus: 21.05mg (2.1%), Vitamin B2: 0.03mg (1.86%)