



## Creamy Strawberry Dip

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**16**

CALORIES



**29 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

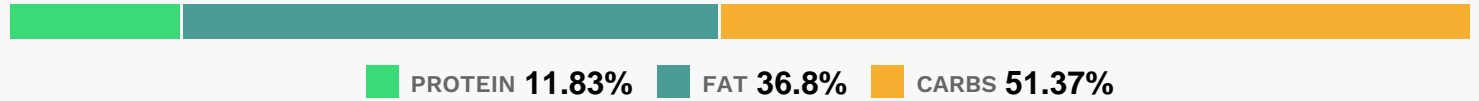
### Equipment

- bowl
- blender

## Directions

- Combine all ingredients in a medium bowl. Beat at low speed of a mixer until well-blended. Cover and chill 2 hours.
- Note: You can try other yogurt flavors.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.51913043678455%

## Nutrients (% of daily need)

Calories: 29kcal (1.45%), Fat: 1.22g (1.87%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 3.8g (1.38%), Sugar: 2.97g (3.3%), Cholesterol: 4.74mg (1.58%), Sodium: 31.14mg (1.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Calcium: 19.37mg (1.94%), Vitamin B12: 0.11µg (1.81%), Phosphorus: 17.37mg (1.74%), Vitamin B2: 0.03mg (1.63%)