

Creamy Vanilla Fruit Dip

 **Gluten Free**

READY IN



10 min.

SERVINGS



24

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup powdered sugar
- 8 ounce cream cheese softened
- 1 teaspoon vanilla extract
- 12 ounce non-dairy whipped topping frozen thawed

Equipment

Directions

Cream together the cream cheese and sugar until well combined. Stir in the vanilla extract and then the whipped topping. Chill in refrigerator 1 hour.

Nutrition Facts



PROTEIN 5.33% **FAT 60.86%** **CARBS 33.81%**

Properties

Glycemic Index:1.13, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:0.72652172880328%

Nutrients (% of daily need)

Calories: 75.03kcal (3.75%), Fat: 5.11g (7.86%), Saturated Fat: 3.51g (21.94%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 6.38g (2.32%), Sugar: 6.17g (6.85%), Cholesterol: 9.83mg (3.28%), Sodium: 39.94mg (1.74%), Alcohol: 0.06g (100%), Alcohol %: 0.28% (100%), Protein: 1.01g (2.01%), Vitamin A: 137.4IU (2.75%), Vitamin B2: 0.04mg (2.07%), Phosphorus: 20.61mg (2.06%), Calcium: 19.27mg (1.93%), Selenium: 1.17µg (1.67%), Vitamin E: 0.15mg (1.01%)