

Dairy Delicious Dip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



16

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brown sugar packed
- 8 ounces cream cheese softened
- 1 tablespoons maple syrup
- 0.5 cup cream sour
- 0.3 cup sugar

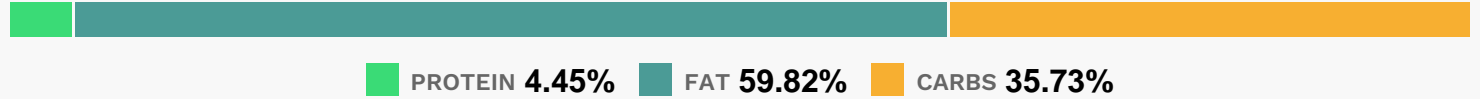
Equipment

- bowl

Directions

- In a small bowl, combine cream cheese, sour cream, sugars and syrup to taste; beat until smooth. Chill.
- Serve with fresh fruit.

Nutrition Facts



Properties

Glycemic Index:8.35, Glycemic Load:2.7, Inflammation Score:-1, Nutrition Score:1.0669565048555%

Nutrients (% of daily need)

Calories: 92.31kcal (4.62%), Fat: 6.28g (9.66%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 8.44g (3.07%), Sugar: 7.98g (8.87%), Cholesterol: 18.56mg (6.19%), Sodium: 47.84mg (2.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin A: 235.15IU (4.7%), Vitamin B2: 0.06mg (3.6%), Calcium: 25.26mg (2.53%), Selenium: 1.54µg (2.21%), Phosphorus: 20.77mg (2.08%), Manganese: 0.03mg (1.67%), Vitamin B5: 0.11mg (1.09%)