

Dreamy Fruit Dip

 **Gluten Free**

READY IN



10 min.

SERVINGS



32

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter softened
- 8 ounces cream cheese softened
- 32 servings fruit fresh assorted
- 0.5 cup marshmallow creme
- 8 ounces non-dairy whipped topping frozen thawed

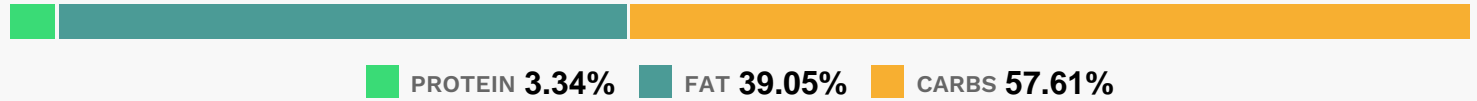
Equipment

- bowl

Directions

- In a small bowl, beat cream cheese and butter until smooth. Beat in marshmallow creme. Fold in whipped topping.
- Serve with fruit. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.41, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:2.5791304163311%

Nutrients (% of daily need)

Calories: 139.77kcal (6.99%), Fat: 6.36g (9.79%), Saturated Fat: 4.07g (25.42%), Carbohydrates: 21.11g (7.04%), Net Carbohydrates: 19.22g (6.99%), Sugar: 16.49g (18.33%), Cholesterol: 14.93mg (4.98%), Sodium: 56.09mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.45%), Vitamin A: 546.93IU (10.94%), Fiber: 1.9g (7.58%), Vitamin K: 6.07µg (5.79%), Copper: 0.09mg (4.54%), Potassium: 122.83mg (3.51%), Vitamin C: 2.61mg (3.16%), Vitamin B2: 0.05mg (3.08%), Phosphorus: 27.9mg (2.79%), Vitamin B3: 0.48mg (2.4%), Iron: 0.38mg (2.13%), Calcium: 18.68mg (1.87%), Magnesium: 7.13mg (1.78%), Manganese: 0.03mg (1.64%), Vitamin B6: 0.02mg (1.22%), Vitamin E: 0.18mg (1.19%), Vitamin B1: 0.02mg (1.16%), Selenium: 0.82µg (1.16%), Zinc: 0.15mg (1.02%)