

Easy Cannoli Dip

 **Gluten Free**

READY IN

ready

10 min.

SERVINGS

servings

10

CALORIES

calories

121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup chocolate chips miniature
- ☐ 0.3 cup confectioners' sugar
- ☐ 3 tablespoons cream cheese softened
- ☐ 15 ounce part-skim ricotta cheese
- ☐ 1 teaspoon vanilla extract

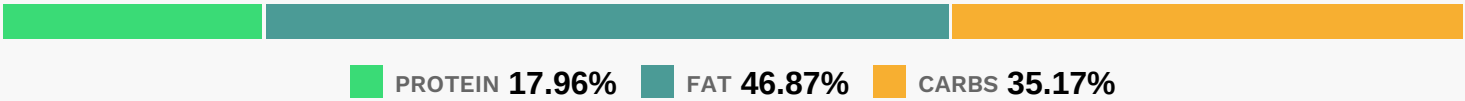
Equipment

- ☐ bowl

Directions

- ☐ Mix ricotta cheese, confectioners' sugar, chocolate chips, cream cheese, and vanilla extract together in a bowl.
- ☐ Sprinkle waffle bowl pieces over dip.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.596086949434%

Nutrients (% of daily need)

Calories: 120.74kcal (6.04%), Fat: 6.26g (9.63%), Saturated Fat: 3.84g (24.01%), Carbohydrates: 10.57g (3.52%), Net Carbohydrates: 10.41g (3.79%), Sugar: 8.01g (8.9%), Cholesterol: 18.48mg (6.16%), Sodium: 71.01mg (3.09%), Alcohol: 0.14g (100%), Alcohol %: 0.3% (100%), Protein: 5.4g (10.8%), Calcium: 126.93mg (12.69%), Selenium: 7.5µg (10.71%), Phosphorus: 82.5mg (8.25%), Vitamin B2: 0.09mg (5.28%), Vitamin A: 235.15IU (4.7%), Zinc: 0.59mg (3.95%), Vitamin B12: 0.13µg (2.21%), Magnesium: 6.82mg (1.7%), Potassium: 59.57mg (1.7%), Iron: 0.27mg (1.49%), Folate: 5.92µg (1.48%), Vitamin B5: 0.13mg (1.28%)