



Easy Fruit Dip

 Gluten Free

READY IN



125 min.

SERVINGS



12

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon maraschino cherry juice
- 8 ounce cream cheese softened
- 16 ounces marshmallow crème

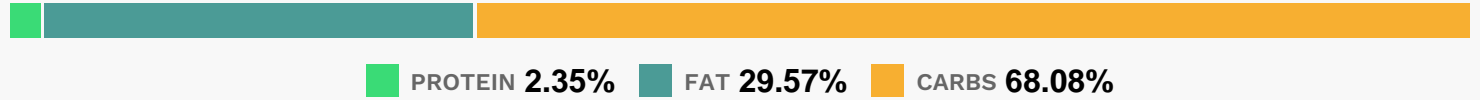
Equipment

- bowl
- microwave

Directions

- Place cream cheese and marshmallow cream in a microwave-safe bowl.
- Place in microwave and cook on medium-high for 20 seconds increments, until softened.
- Stir cherry juice into the cream cheese and marshmallow creme mixture. Cover and refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:0.91260869606681%

Nutrients (% of daily need)

Calories: 184.6kcal (9.23%), Fat: 6.5g (10.01%), Saturated Fat: 3.82g (23.86%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 33.65g (12.24%), Sugar: 24.44g (27.15%), Cholesterol: 19.09mg (6.36%), Sodium: 59.39mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.33%), Vitamin A: 254.38IU (5.09%), Vitamin B2: 0.04mg (2.56%), Selenium: 1.63µg (2.33%), Phosphorus: 20.26mg (2.03%), Calcium: 19mg (1.9%), Vitamin E: 0.16mg (1.09%), Vitamin B5: 0.11mg (1.08%)