



## Festive Cranberry Dip for Fresh Fruit

 Gluten Free

READY IN



70 min.

SERVINGS



16

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 oz philadelphia cream cheese softened ()
- 1 cup cool whip whipped topping thawed
- 1 cup berry cranberry sauce whole

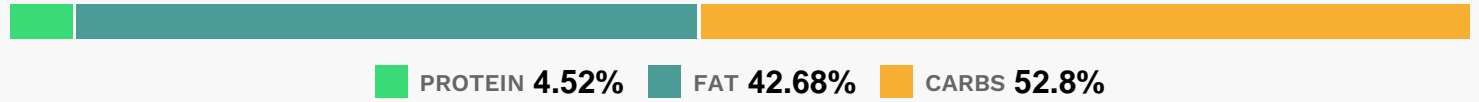
### Equipment

- hand mixer

### Directions

- Beat cream cheese and cranberry sauce with electric mixer on medium speed until well blended. Gently stir in whipped topping; cover.
- Refrigerate at least 1 hour or until ready to serve.
- Serve with strawberries, red and green grapes, pineapple, kiwi or pears, cut into bite-sized pieces for dipping.

## Nutrition Facts



## Properties

Glycemic Index:1.69, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:0.6304347741863%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 63.13kcal (3.16%), Fat: 3.08g (4.74%), Saturated Fat: 1.96g (12.27%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 8.38g (3.05%), Sugar: 6.94g (7.71%), Cholesterol: 7.25mg (2.42%), Sodium: 26.5mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.47%), Vitamin A: 106IU (2.12%), Vitamin E: 0.25mg (1.65%), Vitamin B2: 0.02mg (1.42%), Phosphorus: 11.75mg (1.18%), Selenium: 0.79µg (1.13%), Calcium: 10.73mg (1.07%)