

Fluffy Fruit Dip

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 7 ounce marshmallow creme
- 1 fluid ounce orange liqueur
- 1 orange zest

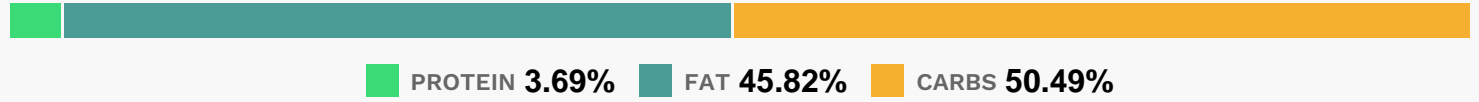
Equipment

- bowl

Directions

- In a large bowl, fold together the marshmallow creme and cream cheese.
- Stir in grated zest and liqueur or juice. Refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:1.5465217310449%

Nutrients (% of daily need)

Calories: 188.46kcal (9.42%), Fat: 9.77g (15.03%), Saturated Fat: 5.73g (35.82%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 24.06g (8.75%), Sugar: 17.51g (19.46%), Cholesterol: 28.63mg (9.54%), Sodium: 89.36mg (3.89%), Alcohol: 0.96g (100%), Alcohol %: 2.09% (100%), Protein: 1.77g (3.54%), Vitamin A: 387.03IU (7.74%), Vitamin B2: 0.07mg (3.94%), Selenium: 2.46µg (3.52%), Phosphorus: 30.87mg (3.09%), Calcium: 29.95mg (3%), Vitamin C: 2.04mg (2.47%), Vitamin B5: 0.17mg (1.69%), Vitamin E: 0.25mg (1.65%), Potassium: 41.71mg (1.19%), Vitamin B12: 0.06µg (1.04%)