

Fruit Dip

 **Gluten Free**

READY IN



5 min.

SERVINGS



16

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup powdered sugar
- 8 ounce cream cheese
- 0.1 teaspoon juice of lemon
- 7 ounce marshmallow creme

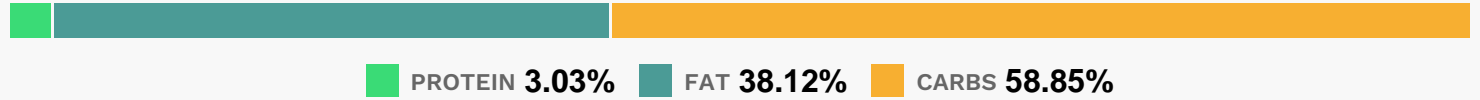
Equipment

- bowl
- hand mixer

Directions

- In large bowl, blend cream cheese, marshmallow creme, sugar and lemon juice with electric mixer until smooth.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:0.67869564761286%

Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg

Nutrients (% of daily need)

Calories: 109.7kcal (5.49%), Fat: 4.88g (7.5%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 16.94g (6.16%), Sugar: 13.66g (15.18%), Cholesterol: 14.32mg (4.77%), Sodium: 44.62mg (1.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin A: 190.37IU (3.81%), Vitamin B2: 0.03mg (1.98%), Selenium: 1.25µg (1.79%), Phosphorus: 15.17mg (1.52%), Calcium: 13.81mg (1.38%)