



# Fruit Dip

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**3**

CALORIES



**452 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 ounces cream cheese
- 0.5 cup marshmallow creme
- 0.3 cup pineapple juice unsweetened
- 2 cups non-dairy whipped topping frozen thawed

## Equipment

## Directions

- Blend together the cream cheese, marshmallow cream and thawed topping.
- Add enough pineapple juice to make it dipping consistency. Chill for 1 hour.

## Nutrition Facts

**PROTEIN 5.36%** **FAT 63.18%** **CARBS 31.46%**

### Properties

Glycemic Index:24.33, Glycemic Load:2.27, Inflammation Score:-5, Nutrition Score:5.131304335335%

### Nutrients (% of daily need)

Calories: 452.21kcal (22.61%), Fat: 32.58g (50.12%), Saturated Fat: 20.92g (130.77%), Carbohydrates: 36.5g (12.17%), Net Carbohydrates: 36.46g (13.26%), Sugar: 29.62g (32.91%), Cholesterol: 77.35mg (25.78%), Sodium: 273.77mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.44%), Vitamin A: 1053.27IU (21.07%), Vitamin B2: 0.22mg (13.12%), Phosphorus: 119.46mg (11.95%), Calcium: 111.39mg (11.14%), Selenium: 7.72µg (11.03%), Vitamin E: 0.9mg (6.03%), Manganese: 0.11mg (5.37%), Potassium: 175.86mg (5.02%), Vitamin B12: 0.27µg (4.44%), Vitamin B5: 0.44mg (4.42%), Vitamin B6: 0.07mg (3.6%), Magnesium: 12.66mg (3.17%), Vitamin K: 3.25µg (3.09%), Zinc: 0.45mg (3%), Folate: 11.84µg (2.96%), Vitamin B1: 0.04mg (2.59%), Vitamin C: 1.97mg (2.38%), Copper: 0.03mg (1.61%), Iron: 0.19mg (1.08%)