



Fruit Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

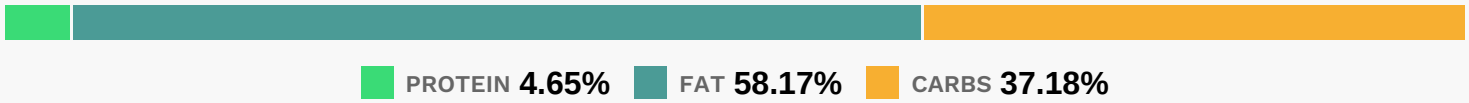
- ☐ 0.3 cup brown sugar packed
- ☐ 8 ounces cream cheese
- ☐ 1 teaspoon caramelized sugar
- ☐ 2 tablespoons sugar white

Equipment

Directions

- ☐
- Combine the cream cheese, white sugar, brown sugar and caramelized sugar. Beat until smooth.
- ☐
- Serve with fresh fruit for dipping.

Nutrition Facts



Properties

Glycemic Index:41.8, Glycemic Load:5.73, Inflammation Score:-4, Nutrition Score:2.9286956450214%

Nutrients (% of daily need)

Calories: 295.06kcal (14.75%), Fat: 19.53g (30.04%), Saturated Fat: 11.45g (71.58%), Carbohydrates: 28.09g (9.36%), Net Carbohydrates: 28.09g (10.21%), Sugar: 26.9g (29.89%), Cholesterol: 57.27mg (19.09%), Sodium: 183.24mg (7.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Vitamin A: 761.47IU (15.23%), Vitamin B2: 0.13mg (7.75%), Selenium: 5.14µg (7.34%), Calcium: 70.28mg (7.03%), Phosphorus: 61.4mg (6.14%), Vitamin B5: 0.35mg (3.47%), Vitamin E: 0.49mg (3.25%), Potassium: 99.37mg (2.84%), Vitamin B12: 0.12µg (2.08%), Vitamin B6: 0.04mg (1.96%), Zinc: 0.29mg (1.93%), Magnesium: 6.75mg (1.69%), Folate: 5.29µg (1.32%), Vitamin K: 1.19µg (1.13%), Iron: 0.2mg (1.09%)