

Fruit Dip II

 Gluten Free

READY IN



5 min.

SERVINGS



16

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 7 ounce marshmallow crème

Equipment

- hand mixer

Directions

- Using an electric mixer, blend cream cheese and marshmallow creme until mixed thoroughly.

Nutrition Facts



■ PROTEIN 3.76% ■ FAT 47.36% ■ CARBS 48.88%

Properties

Glycemic Index:1.69, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:0.66956521036184%

Nutrients (% of daily need)

Calories: 87.81kcal (4.39%), Fat: 4.88g (7.5%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 11.32g (4.12%), Sugar: 8.16g (9.07%), Cholesterol: 14.32mg (4.77%), Sodium: 44.51mg (1.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin A: 190.37IU (3.81%), Vitamin B2: 0.03mg (1.92%), Selenium: 1.22µg (1.74%), Phosphorus: 15.17mg (1.52%), Calcium: 13.75mg (1.37%)