



Fruit Dip III

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



307 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

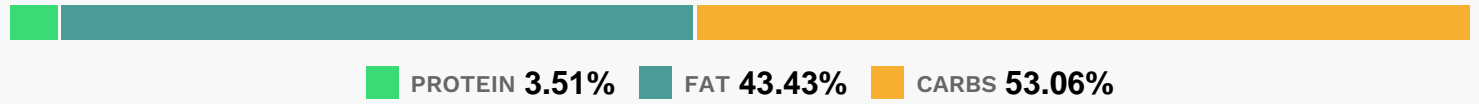
- 0.3 cup powdered sugar
- 8 ounce cream cheese
- 7 ounce marshmallow creme
- 2 tablespoons orange juice

Equipment

Directions

Cream together cream cheese, orange juice, and powdered sugar. Fold in marshmallowcreme.

Nutrition Facts



Properties

Glycemic Index:15.8, Glycemic Load:1.04, Inflammation Score:-4, Nutrition Score:2.4530434694303%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 307.4kcal (15.37%), Fat: 15.62g (24.03%), Saturated Fat: 9.16g (57.28%), Carbohydrates: 42.94g (14.31%), Net Carbohydrates: 42.92g (15.61%), Sugar: 32.55g (36.17%), Cholesterol: 45.81mg (15.27%), Sodium: 142.62mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Vitamin A: 622.77IU (12.46%), Vitamin B2: 0.11mg (6.32%), Selenium: 3.94µg (5.63%), Phosphorus: 49.69mg (4.97%), Calcium: 44.81mg (4.48%), Vitamin C: 3.4mg (4.12%), Vitamin B5: 0.27mg (2.71%), Vitamin E: 0.39mg (2.62%), Potassium: 73.59mg (2.1%), Vitamin B12: 0.1µg (1.66%), Zinc: 0.23mg (1.54%), Folate: 6.12µg (1.53%), Vitamin B6: 0.03mg (1.41%), Magnesium: 4.83mg (1.21%), Vitamin B1: 0.02mg (1.1%)