

Fruit Dip VI

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



306 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup brown sugar
- 16 ounce cream cheese softened
- 2 teaspoons vanilla extract

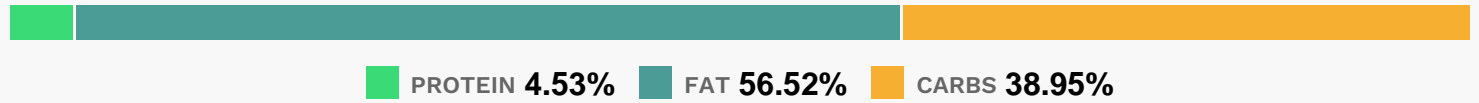
Equipment

- bowl

Directions

In a medium bowl, blend the cream cheese, brown sugar and vanilla extract. Chill in the refrigerator 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.85, Inflammation Score:-4, Nutrition Score:3.0556521493456%

Nutrients (% of daily need)

Calories: 305.83kcal (15.29%), Fat: 19.51g (30.01%), Saturated Fat: 11.45g (71.58%), Carbohydrates: 30.23g (10.08%), Net Carbohydrates: 30.23g (10.99%), Sugar: 28.93g (32.15%), Cholesterol: 57.27mg (19.09%), Sodium: 185.82mg (8.08%), Alcohol: 0.34g (100%), Alcohol %: 0.51% (100%), Protein: 3.52g (7.04%), Vitamin A: 761.47IU (15.23%), Calcium: 77.93mg (7.79%), Vitamin B2: 0.13mg (7.73%), Selenium: 5.21µg (7.44%), Phosphorus: 61.83mg (6.18%), Vitamin B5: 0.36mg (3.6%), Vitamin E: 0.49mg (3.25%), Potassium: 112.9mg (3.23%), Vitamin B6: 0.04mg (2.16%), Vitamin B12: 0.12µg (2.08%), Zinc: 0.29mg (1.95%), Magnesium: 7.7mg (1.92%), Iron: 0.26mg (1.44%), Folate: 5.38µg (1.34%), Manganese: 0.03mg (1.31%), Copper: 0.02mg (1.19%), Vitamin K: 1.19µg (1.13%)