



Gingersnap Dip

 Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



594 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup confectioners' sugar
- ☐ 8 ounce cream cheese softened
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 8 ounce non-dairy whipped topping frozen thawed

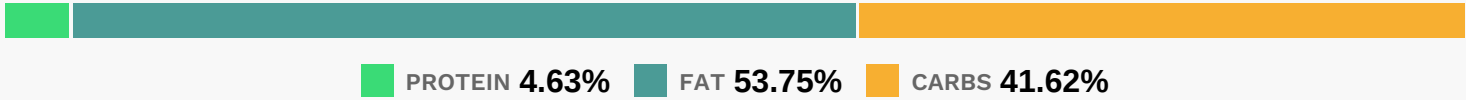
Equipment

- ☐ bowl

Directions

- ☐
- Combine cream cheese, powdered sugar, and pumpkin pie spice in bowl; add whipped topping and beat until blended.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:1.13, Inflammation Score:-5, Nutrition Score:5.8213043135145%

Nutrients (% of daily need)

Calories: 594.1kcal (29.7%), Fat: 36.08g (55.5%), Saturated Fat: 23.9g (149.38%), Carbohydrates: 62.86g (20.95%), Net Carbohydrates: 62.66g (22.79%), Sugar: 59.91g (66.56%), Cholesterol: 77.87mg (25.96%), Sodium: 293.3mg (12.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.99%), Vitamin A: 1074.71IU (21.49%), Vitamin B2: 0.25mg (14.78%), Phosphorus: 138.41mg (13.84%), Calcium: 136.5mg (13.65%), Selenium: 8.68µg (12.4%), Manganese: 0.22mg (11.06%), Vitamin E: 1.05mg (7.03%), Potassium: 185.79mg (5.31%), Vitamin B12: 0.32µg (5.29%), Vitamin B5: 0.43mg (4.31%), Vitamin K: 4.39µg (4.18%), Magnesium: 13.91mg (3.48%), Zinc: 0.49mg (3.26%), Vitamin B6: 0.06mg (3.14%), Iron: 0.45mg (2.48%), Folate: 9.39µg (2.35%), Vitamin B1: 0.03mg (2.28%), Copper: 0.03mg (1.52%)