



Holly's Chocolate Chip Cookie Dough Dip

 Gluten Free

READY IN



5 min.

SERVINGS



16

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons brown sugar
- 0.5 cup butter softened
- 0.8 cup confectioners' sugar
- 8 ounce cream cheese softened
- 1 cup milk chocolate chips
- 1 teaspoon vanilla extract

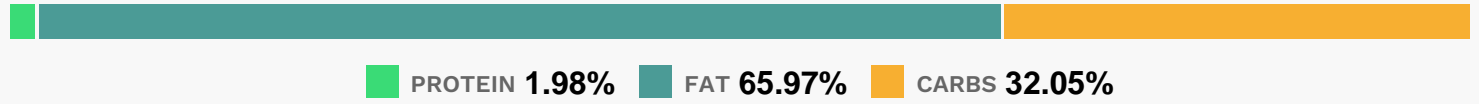
Equipment

- bowl

Directions

- Beat together cream cheese, butter, confectioners' sugar, brown sugar and vanilla in a bowl.
- Stir in chocolate chips.
- Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:4.81, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:1.0456521776707%

Nutrients (% of daily need)

Calories: 185.03kcal (9.25%), Fat: 13.84g (21.3%), Saturated Fat: 8.52g (53.24%), Carbohydrates: 15.14g (5.05%), Net Carbohydrates: 15.14g (5.5%), Sugar: 13.95g (15.5%), Cholesterol: 29.57mg (9.86%), Sodium: 90.68mg (3.94%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Protein: 0.93g (1.87%), Vitamin A: 367.64IU (7.35%), Calcium: 24.82mg (2.48%), Vitamin B2: 0.04mg (2.14%), Selenium: 1.34µg (1.92%), Vitamin E: 0.29mg (1.91%), Phosphorus: 16.94mg (1.69%), Potassium: 55.03mg (1.57%)