

Layered Dessert Dip

 Vegetarian

READY IN



10 min.

SERVINGS



24

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

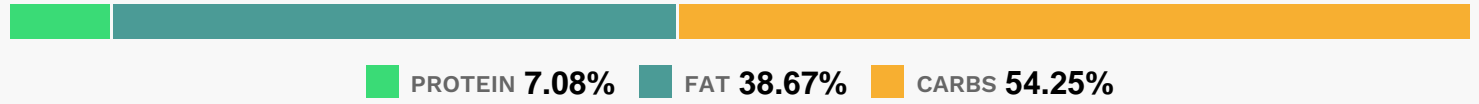
- 8 oz philadelphia cream cheese softened
- 0.3 cup baker's angel flake coconut
- 24 servings graham crackers
- 6 oreo cookies coarsely chopped
- 0.8 cup planters roasted peanuts dry chopped
- 0.5 cup strawberry preserves

Equipment

Directions

- Spread cream cheese onto bottom of 9-inch pie plate; cover with preserves.
- Top with layers of chopped cookies, coconut and peanuts.
- Serve with the grahams.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:17.87, Inflammation Score:-2, Nutrition Score:4.0952174235945%

Nutrients (% of daily need)

Calories: 218.77kcal (10.94%), Fat: 9.53g (14.66%), Saturated Fat: 3.38g (21.15%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 28.42g (10.33%), Sugar: 11.75g (13.05%), Cholesterol: 9.54mg (3.18%), Sodium: 247.65mg (10.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.85%), Iron: 1.67mg (9.27%), Vitamin B3: 1.83mg (9.14%), Phosphorus: 89.65mg (8.96%), Manganese: 0.15mg (7.31%), Magnesium: 28.2mg (7.05%), Fiber: 1.65g (6.62%), Vitamin B2: 0.11mg (6.56%), Vitamin B1: 0.08mg (5.38%), Folate: 20.97µg (5.24%), Zinc: 0.76mg (5.1%), Calcium: 36.28mg (3.63%), Potassium: 109.03mg (3.12%), Vitamin B6: 0.06mg (2.99%), Copper: 0.05mg (2.72%), Vitamin E: 0.4mg (2.66%), Vitamin A: 126.97IU (2.54%), Selenium: 1.71µg (2.44%), Vitamin B5: 0.14mg (1.37%)