



## Margarita" Dip

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 oz philadelphia cream cheese softened
- 0.3 cup limeade concentrate frozen thawed
- 2 Tbsp orange juice
- 0.5 cup cool whip whipped topping thawed

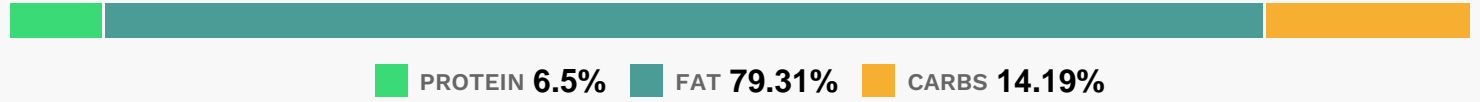
## Equipment

- bowl
- blender

## Directions

- Beat first 3 ingredients in medium bowl with mixer until blended. Gently stir in COOL WHIP.
- Refrigerate 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:7.9, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:1.3139130439933%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 92.52kcal (4.63%), Fat: 8.3g (12.77%), Saturated Fat: 5.01g (31.29%), Carbohydrates: 3.34g (1.11%), Net Carbohydrates: 3.34g (1.21%), Sugar: 2.84g (3.16%), Cholesterol: 22.98mg (7.66%), Sodium: 74.13mg (3.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin A: 314.16IU (6.28%), Vitamin B2: 0.06mg (3.34%), Selenium: 2.05µg (2.93%), Phosphorus: 27.68mg (2.77%), Calcium: 25.16mg (2.52%), Vitamin C: 1.89mg (2.29%), Vitamin E: 0.22mg (1.43%), Vitamin B5: 0.14mg (1.36%), Potassium: 41.14mg (1.18%)