

Margarita Fruit Dip

 Gluten Free

READY IN



75 min.

SERVINGS



28

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounces cream cheese softened
- ☐ 0.7 cup margarita cocktail frozen thawed () (from 10-ounce can)
- ☐ 0.3 cup orange juice
- ☐ 2 teaspoons lime zest grated
- ☐ 0.5 cup whipping cream (heavy)
- ☐ 1 serving strawberries whole

Equipment

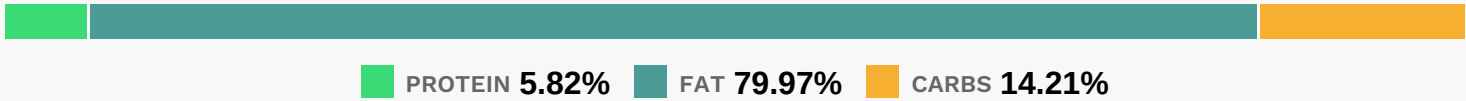
- ☐ bowl

☐ hand mixer

Directions

- ☐ Beat cream cheese, margarita mix, orange juice and lime peel in large bowl with electric mixer on low speed until smooth.
- ☐ Beat whipping cream in chilled small bowl with electric mixer on high speed until stiff. Fold into cream cheese mixture. Cover and refrigerate 1 hour.
- ☐ Serve dip with strawberries.

Nutrition Facts



Properties

Glycemic Index:5.39, Glycemic Load:0.48, Inflammation Score:-2, Nutrition Score:1.3452173957358%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.28mg, Pelargonidin: 1.28mg, Pelargonidin: 1.28mg, Pelargonidin: 1.28mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 78.78kcal (3.94%), Fat: 7.13g (10.96%), Saturated Fat: 4.25g (26.57%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 2.74g (1%), Sugar: 2.37g (2.63%), Cholesterol: 21.16mg (7.05%), Sodium: 56.08mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin A: 285.15IU (5.7%), Vitamin C: 4.2mg (5.09%), Vitamin B2: 0.05mg (2.77%), Selenium: 1.54µg (2.21%), Phosphorus: 21.44mg (2.14%), Calcium: 19.63mg (1.96%), Vitamin E: 0.19mg (1.3%), Vitamin B5: 0.11mg (1.14%), Manganese: 0.02mg (1.1%), Potassium: 37.86mg (1.08%)