



Marshmallow Peanut Butter Dip

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup jif® creamy peanut butter
- ☐ 6 servings graham cracker sticks fresh
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup marshmallow crème
- ☐ 2 teaspoons water

Equipment

- ☐ bowl
- ☐ oven

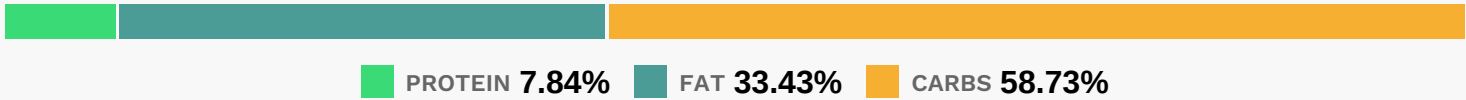
☐

whisk

Directions

- ☐ Combine first four ingredients in small bowl.
- ☐ Whisk until blended. Refrigerate 30 minutes before serving.
- ☐ Serve with dippers such as fresh fruit, graham cracker sticks and pretzels.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:15.35, Inflammation Score:-2, Nutrition Score:4.0991304399365%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 215.68kcal (10.78%), Fat: 8.3g (12.76%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 32.79g (10.93%), Net Carbohydrates: 31.32g (11.39%), Sugar: 14.1g (15.66%), Cholesterol: 0mg (0%), Sodium: 230.73mg (10.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Vitamin B3: 2.49mg (12.44%), Phosphorus: 93.07mg (9.31%), Magnesium: 34.75mg (8.69%), Manganese: 0.16mg (7.88%), Iron: 1.34mg (7.46%), Vitamin E: 0.98mg (6.54%), Fiber: 1.47g (5.88%), Folate: 22.29µg (5.57%), Zinc: 0.82mg (5.45%), Vitamin B1: 0.08mg (5.26%), Vitamin B2: 0.09mg (5.17%), Vitamin B6: 0.08mg (3.81%), Potassium: 111.05mg (3.17%), Calcium: 27.49mg (2.75%), Copper: 0.05mg (2.7%), Vitamin B5: 0.12mg (1.15%)