



Orange Cheesecake Dip

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



416 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24.2 oz broccoli and cheese rice mix
- 0.3 cup orange marmalade melted
- 2 teaspoons orange zest grated

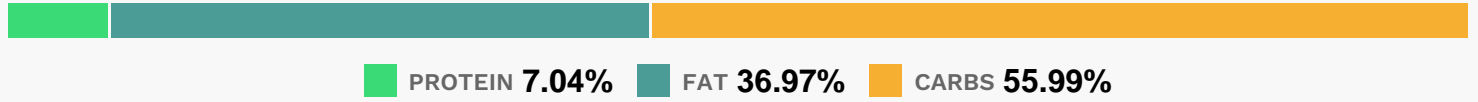
Equipment

Directions

- Stir together all ingredients. Cover and chill until ready to serve.

Note: For testing purposes only, we used Philadelphia Ready-To-Eat Cheesecake Filling.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:2.2947826498876%

Nutrients (% of daily need)

Calories: 416.1kcal (20.8%), Fat: 17.43g (26.81%), Saturated Fat: 9.15g (57.2%), Carbohydrates: 59.38g (19.79%), Net Carbohydrates: 56.58g (20.57%), Sugar: 9.6g (10.67%), Cholesterol: 39.79mg (13.26%), Sodium: 530.39mg (23.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.94%), Iron: 4.15mg (23.04%), Fiber: 2.8g (11.22%), Potassium: 297.13mg (8.49%), Vitamin C: 3.23mg (3.91%), Calcium: 30.69mg (3.07%)