

Taste of Home

Orange Cream Cheese Spread

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



155 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 ounces cream cheese softened reduced-fat
- 3 tablespoons sugar
- 2 teaspoons vanilla extract
- 1 teaspoon orange zest grated

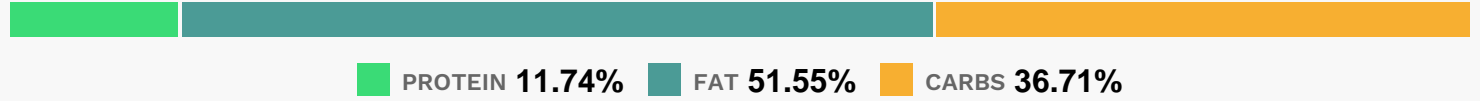
Equipment

- bowl

Directions

In a bowl, beat all ingredients until smooth. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:6.28, Inflammation Score:-2, Nutrition Score:2.8800000023583%

Nutrients (% of daily need)

Calories: 154.86kcal (7.74%), Fat: 8.71g (13.39%), Saturated Fat: 5.16g (32.25%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 13.9g (5.05%), Sugar: 12.53g (13.93%), Cholesterol: 30.62mg (10.21%), Sodium: 203.83mg (8.86%), Alcohol: 0.69g (100%), Alcohol %: 1.28% (100%), Protein: 4.46g (8.92%), Vitamin B12: 0.52µg (8.69%), Phosphorus: 86.41mg (8.64%), Calcium: 85.03mg (8.5%), Vitamin B2: 0.11mg (6.41%), Vitamin A: 315.08IU (6.3%), Vitamin B5: 0.48mg (4.82%), Potassium: 144.25mg (4.12%), Selenium: 2.33µg (3.32%), Folate: 10.92µg (2.73%), Zinc: 0.33mg (2.18%), Vitamin B1: 0.02mg (1.57%), Vitamin B6: 0.03mg (1.35%), Magnesium: 4.89mg (1.22%), Vitamin D: 0.17µg (1.13%), Vitamin E: 0.15mg (1.03%), Copper: 0.02mg (1.03%)