



Orange Marmalade-Cream Cheese Dip

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



766 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 0.5 cup orange marmalade
- ☐ 2 cups powdered sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup whipped cream

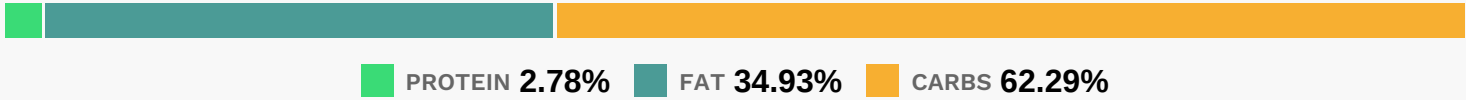
Equipment

- ☐ hand mixer

Directions

☐ Beat cream cheese, powdered sugar, and vanilla at medium speed with an electric mixer, stir in orange marmalade. Fold in whipped cream.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:2.5, Inflammation Score:-6, Nutrition Score:5.0065216810807%

Nutrients (% of daily need)

Calories: 766.08kcal (38.3%), Fat: 30.45g (46.85%), Saturated Fat: 18.04g (112.73%), Carbohydrates: 122.21g (40.74%), Net Carbohydrates: 121.84g (44.3%), Sugar: 115.02g (127.8%), Cholesterol: 91.55mg (30.52%), Sodium: 270.69mg (11.77%), Alcohol: 0.92g (100%), Alcohol %: 0.5% (100%), Protein: 5.45g (10.9%), Vitamin A: 1185.36IU (23.71%), Vitamin B2: 0.22mg (12.82%), Calcium: 114.89mg (11.49%), Selenium: 7.58µg (10.83%), Phosphorus: 100.98mg (10.1%), Vitamin E: 0.81mg (5.4%), Vitamin B5: 0.5mg (5.01%), Potassium: 154.47mg (4.41%), Vitamin B12: 0.22µg (3.74%), Copper: 0.07mg (3.56%), Zinc: 0.48mg (3.23%), Vitamin C: 2.56mg (3.1%), Vitamin B6: 0.06mg (3.07%), Folate: 12.2µg (3.05%), Magnesium: 10.39mg (2.6%), Vitamin K: 1.97µg (1.87%), Vitamin B1: 0.03mg (1.85%), Fiber: 0.37g (1.49%), Manganese: 0.03mg (1.43%), Iron: 0.22mg (1.25%)