



Peanut Butter Apple Dip

 Vegetarian  Gluten Free

READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

534 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 1 cup brown sugar
- ☐ 8 ounce cream cheese softened
- ☐ 0.3 cup milk
- ☐ 1 cup peanut butter

Equipment

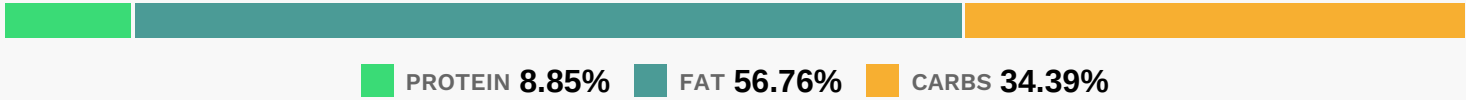
- ☐ bowl

Directions

☐

Mix peanut butter, brown sugar, cream cheese, and milk together in a bowl until smooth; refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:1.8, Inflammation Score:-6, Nutrition Score:10.926086817099%

Nutrients (% of daily need)

Calories: 534.44kcal (26.72%), Fat: 35.3g (54.31%), Saturated Fat: 12.17g (76.05%), Carbohydrates: 48.12g (16.04%), Net Carbohydrates: 46.06g (16.75%), Sugar: 41.99g (46.66%), Cholesterol: 39.4mg (13.13%), Sodium: 317.29mg (13.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.75%), Manganese: 0.66mg (32.92%), Vitamin B3: 5.8mg (29.02%), Vitamin E: 4.25mg (28.32%), Magnesium: 80.59mg (20.15%), Phosphorus: 197.95mg (19.8%), Vitamin B6: 0.23mg (11.67%), Vitamin B2: 0.18mg (10.77%), Vitamin A: 524.12IU (10.48%), Copper: 0.2mg (10.24%), Folate: 40.75µg (10.19%), Potassium: 356.43mg (10.18%), Calcium: 100.67mg (10.07%), Zinc: 1.33mg (8.89%), Fiber: 2.06g (8.26%), Selenium: 5.65µg (8.07%), Vitamin B5: 0.76mg (7.58%), Iron: 1.05mg (5.81%), Vitamin B1: 0.07mg (4.92%), Vitamin B12: 0.14µg (2.3%)