



Peanut Butter Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup creamy peanut butter reduced-fat



1 cup nonfat yogurt plain



0.5 cup powdered sugar

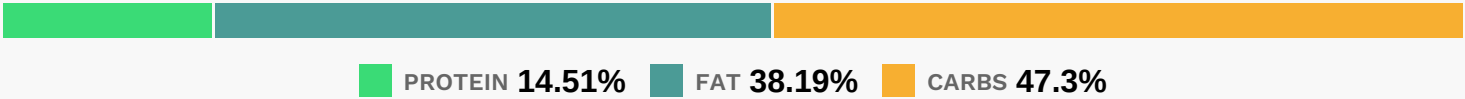
Equipment

Directions



Stir together all ingredients until smooth.

Nutrition Facts



Properties

Glycemic Index:0.88, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.4652173809059%

Nutrients (% of daily need)

Calories: 47.23kcal (2.36%), Fat: 2.09g (3.21%), Saturated Fat: 0.42g (2.66%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 5.62g (2.05%), Sugar: 5.27g (5.85%), Cholesterol: 0.31mg (0.1%), Sodium: 29.16mg (1.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.57%), Phosphorus: 37.71mg (3.77%), Calcium: 32.48mg (3.25%), Manganese: 0.06mg (3%), Vitamin B3: 0.56mg (2.78%), Vitamin B2: 0.04mg (2.6%), Vitamin E: 0.37mg (2.45%), Magnesium: 9.72mg (2.43%), Potassium: 61.86mg (1.77%), Zinc: 0.25mg (1.68%), Vitamin B12: 0.09µg (1.56%), Vitamin B5: 0.14mg (1.41%), Folate: 5.3µg (1.33%), Vitamin B6: 0.03mg (1.3%), Selenium: 0.74µg (1.06%)