



## PHILADELPHIA Pumpkin Dessert Dip

 Gluten Free

READY IN



125 min.

SERVINGS



5

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

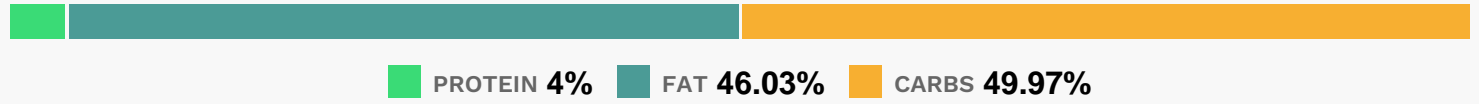
- 0.5 cup pumpkin canned
- 8 oz philadelphia cream cheese softened
- 0.3 tsp ground cinnamon
- 0.3 tsp ground nutmeg
- 7 oz marshmallow crème jet-puffed

### Equipment

## Directions

- Mix all ingredients until well blended; cover.
- Refrigerate several hours or until chilled.
- Serve with cut-up assorted fresh fruit and cookies.

## Nutrition Facts



## Properties

Glycemic Index:20.4, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:6.5743476644806%

## Nutrients (% of daily need)

Calories: 290.23kcal (14.51%), Fat: 15.71g (24.17%), Saturated Fat: 9.23g (57.67%), Carbohydrates: 38.38g (12.79%), Net Carbohydrates: 37.58g (13.66%), Sugar: 26.96g (29.95%), Cholesterol: 45.81mg (15.27%), Sodium: 143.68mg (6.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Vitamin A: 4422.6IU (88.45%), Vitamin B2: 0.12mg (6.92%), Phosphorus: 57.43mg (5.74%), Selenium: 4µg (5.72%), Calcium: 51.87mg (5.19%), Vitamin K: 4.91µg (4.68%), Vitamin E: 0.65mg (4.35%), Vitamin B5: 0.36mg (3.57%), Manganese: 0.07mg (3.37%), Fiber: 0.8g (3.21%), Potassium: 111.29mg (3.18%), Magnesium: 10mg (2.5%), Iron: 0.4mg (2.25%), Vitamin B6: 0.04mg (1.98%), Zinc: 0.27mg (1.82%), Copper: 0.04mg (1.8%), Folate: 7.11µg (1.78%), Vitamin B12: 0.1µg (1.66%), Vitamin C: 1.04mg (1.26%), Vitamin B1: 0.02mg (1.11%)