



Pumpkin Cookie Dip

 Gluten Free

READY IN



15 min.

SERVINGS



24

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 oz pumpkin pie filling/mix light yoplait®
- ☐ 4 oz cream cheese fat-free softened (half of 8-oz package)
- ☐ 2 tablespoons brown sugar packed
- ☐ 2 teaspoons pumpkin pie spice

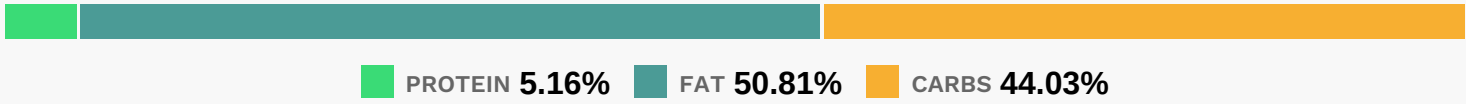
Equipment

- ☐ bowl
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ In small bowl, beat all ingredients with electric mixer on medium speed or whisk until well blended.
- ☐ Cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:1.13, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:1.2230434793493%

Nutrients (% of daily need)

Calories: 28.28kcal (1.41%), Fat: 1.66g (2.55%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 2.61g (0.95%), Sugar: 1.16g (1.29%), Cholesterol: 4.77mg (1.59%), Sodium: 29.94mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Vitamin A: 652IU (13.04%), Manganese: 0.06mg (2.8%), Fiber: 0.61g (2.45%), Vitamin B2: 0.02mg (1.14%), Vitamin B5: 0.11mg (1.09%)