



Pumpkin Peanut Dip

 **Gluten Free**

READY IN



75 min.

SERVINGS



15

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup pumpkin canned
- 8 ounce cream cheese softened
- 10.5 ounce marshmallows miniature
- 2 tablespoons peanut butter
- 0.3 cup cup heavy whipping cream sour

Equipment

- bowl
- sauce pan

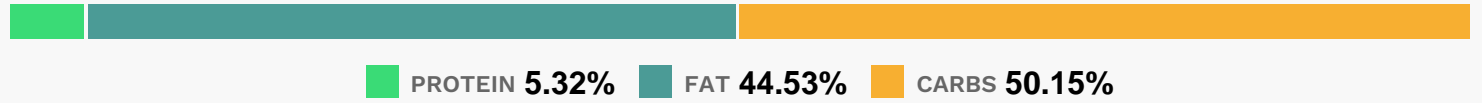
hand mixer

Directions

Place marshmallows in a saucepan over medium heat; cook and stir until marshmallows are melted, 3 to 5 minutes.

Stir cream cheese, sour cream, pumpkin, and peanut butter together in a bowl. Beat marshmallows into the cream cheese mixture using an electric hand mixer until creamy. Chill in refrigerator 1 hour to allow flavors to blend.

Nutrition Facts



Properties

Glycemic Index:6.77, Glycemic Load:10.03, Inflammation Score:-5, Nutrition Score:2.0769565079523%

Nutrients (% of daily need)

Calories: 137.74kcal (6.89%), Fat: 7.09g (10.9%), Saturated Fat: 3.67g (22.96%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 17.71g (6.44%), Sugar: 12.49g (13.88%), Cholesterol: 17.53mg (5.84%), Sodium: 73.9mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.81%), Vitamin A: 862.43IU (17.25%), Phosphorus: 29.34mg (2.93%), Vitamin B2: 0.05mg (2.81%), Selenium: 1.88µg (2.69%), Vitamin E: 0.38mg (2.55%), Calcium: 21.24mg (2.12%), Manganese: 0.04mg (2.05%), Copper: 0.04mg (1.8%), Magnesium: 6.69mg (1.67%), Vitamin B3: 0.33mg (1.66%), Vitamin B5: 0.14mg (1.39%), Potassium: 46.19mg (1.32%), Vitamin B6: 0.02mg (1.12%), Zinc: 0.16mg (1.05%), Folate: 4.11µg (1.03%)