



Pumpkin Pie Dip

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



731 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 3 servings garnishes: ground cinnamon
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 2 cups powdered sugar
- 15 ounce pumpkin pie filling canned

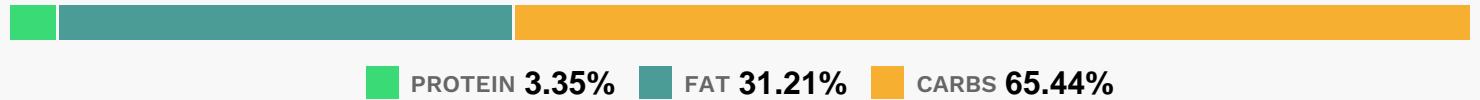
Equipment

- hand mixer

Directions

- Beat cream cheese and sugar at medium speed with an electric mixer until smooth.
- Add pie filling, 1 teaspoon cinnamon, and ginger, beating well. Cover and chill 8 hours.
- Serve with gingersnaps and apple or pear slices.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:16.706956542057%

Nutrients (% of daily need)

Calories: 730.92kcal (36.55%), Fat: 26.24g (40.37%), Saturated Fat: 15.38g (96.13%), Carbohydrates: 123.81g (41.27%), Net Carbohydrates: 110.58g (40.21%), Sugar: 81.15g (90.17%), Cholesterol: 76.35mg (25.45%), Sodium: 534.17mg (23.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Vitamin A: 12785.47IU (255.71%), Manganese: 1.16mg (57.83%), Fiber: 13.23g (52.91%), Vitamin B2: 0.36mg (21.06%), Vitamin B5: 2.05mg (20.54%), Calcium: 153.68mg (15.37%), Phosphorus: 146.94mg (14.69%), Folate: 56.62µg (14.15%), Vitamin B6: 0.27mg (13.7%), Selenium: 8.81µg (12.58%), Iron: 1.92mg (10.68%), Potassium: 312.9mg (8.94%), Magnesium: 31.8mg (7.95%), Copper: 0.13mg (6.31%), Vitamin C: 5.06mg (6.14%), Zinc: 0.83mg (5.53%), Vitamin E: 0.71mg (4.75%), Vitamin B3: 0.67mg (3.33%), Vitamin B12: 0.17µg (2.77%), Vitamin B1: 0.04mg (2.72%), Vitamin K: 2.42µg (2.31%)