

Quick and Easy Fruit Dip

 **Gluten Free**

READY IN

ready

65 min.

SERVINGS

servings

25

CALORIES

calories

58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 7 ounce marshmallow crème
- ☐ 2 tablespoons orange juice concentrate frozen thawed

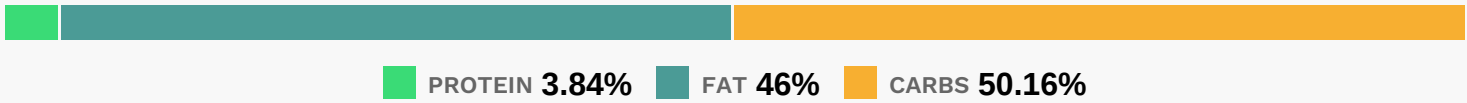
Equipment

- ☐ bowl

Directions

In a medium size serving bowl, mix together marshmallow creme, cream cheese, and orange juice. Refrigerate and serve chilled.

Nutrition Facts



Properties

Glycemic Index:1.08, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:0.58826086556782%

Nutrients (% of daily need)

Calories: 57.95kcal (2.9%), Fat: 3.12g (4.81%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 7.65g (2.78%), Sugar: 5.57g (6.19%), Cholesterol: 9.16mg (3.05%), Sodium: 28.57mg (1.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Vitamin A: 126.32IU (2.53%), Vitamin C: 1.72mg (2.08%), Vitamin B2: 0.02mg (1.35%), Selenium: 0.78µg (1.12%), Phosphorus: 10.43mg (1.04%)