



Salted Caramel and Chocolate Dip

 Gluten Free  Low Fod Map

READY IN



25 min.

SERVINGS



8

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 ounce baker's bittersweet chocolate melted
- 8 ounce philadelphia indulgence dulce de leche caramel softened
- 0.3 teaspoon salt

Equipment

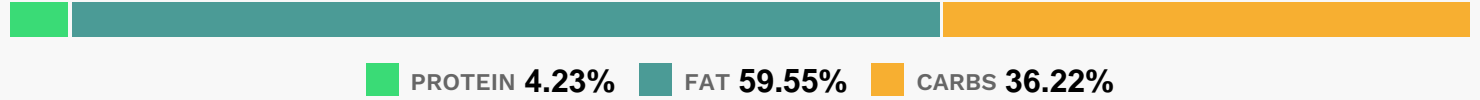
Directions

- Spread INDULGENCE onto bottom of shallow dish.

Drizzle with chocolate; sprinkle with salt.

Refrigerate 15 min.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.53521738606303%

Nutrients (% of daily need)

Calories: 20.52kcal (1.03%), Fat: 1.36g (2.09%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.57g (0.57%), Sugar: 1.3g (1.45%), Cholesterol: 0.21mg (0.07%), Sodium: 73.03mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.05mg (1.02%), Protein: 0.22g (0.43%), Manganese: 0.05mg (2.36%), Copper: 0.04mg (2.21%), Magnesium: 6.24mg (1.56%), Iron: 0.22mg (1.25%), Fiber: 0.28g (1.13%)