



Spice Dip

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



10

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

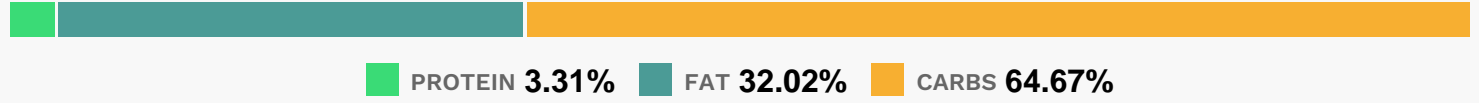
- 0.3 cup brown sugar packed
- 0.1 tsp ground cinnamon
- 0.1 tsp ground nutmeg
- 2 cups cool whip whipped topping thawed

Equipment

Directions

- Stir sugar and spices into COOL WHIP until well blended. Refrigerate 1 hour.
- Serve with kiwi wedges, strawberries, assorted cookies and/or pound cake cubes.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.01, Inflammation Score:0, Nutrition Score:0.38695651811102%

Nutrients (% of daily need)

Calories: 54.72kcal (2.74%), Fat: 1.98g (3.04%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 8.95g (3.26%), Sugar: 8.88g (9.87%), Cholesterol: 0.3mg (0.1%), Sodium: 12.35mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Calcium: 15.59mg (1.56%), Phosphorus: 11.4mg (1.14%)