

Tina's Fruit Dip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



10

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup brown sugar
- 0.5 cup butter
- 1 cup cream sour
- 3 teaspoons vanilla extract

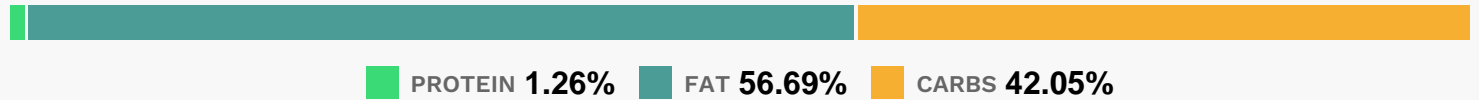
Equipment

- sauce pan
- mixing bowl

Directions

- In a saucepan over medium heat, stir together the butter and brown sugar.
- Remove from heat when the butter has melted.
- In a medium mixing bowl, whip together the butter mixture, sour cream and vanilla.
- Serve warm, or allow the dip to chill and thicken in the refrigerator for 2 hours.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.4691304149835%

Nutrients (% of daily need)

Calories: 213.98kcal (10.7%), Fat: 13.67g (21.03%), Saturated Fat: 8.16g (50.98%), Carbohydrates: 22.81g (7.6%), Net Carbohydrates: 22.81g (8.29%), Sugar: 22.28g (24.76%), Cholesterol: 37.97mg (12.66%), Sodium: 86.38mg (3.76%), Alcohol: 0.41g (100%), Alcohol %: 0.91% (100%), Protein: 0.68g (1.37%), Vitamin A: 426.93IU (8.54%), Calcium: 44.35mg (4.43%), Vitamin B2: 0.04mg (2.57%), Vitamin E: 0.35mg (2.34%), Phosphorus: 21.16mg (2.12%), Potassium: 62.51mg (1.79%), Selenium: 1.23µg (1.75%), Vitamin B5: 0.12mg (1.19%), Magnesium: 4.65mg (1.16%), Vitamin B12: 0.07µg (1.13%), Vitamin K: 1.14µg (1.09%)