



Toffee-Apple Dip

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



617 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

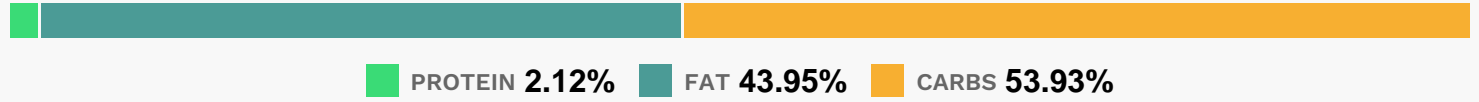
- 0.8 cup firmly brown sugar light packed
- 8 oz cream cheese softened
- 0.5 cup granulated sugar
- 8 oz toffee bits
- 1 teaspoon vanilla extract

Equipment

Directions

- Stir together all ingredients until well blended.
- Serve immediately, or store in an airtight container in the refrigerator up to 5 days.

Nutrition Facts



Properties

Glycemic Index:29.62, Glycemic Load:29.61, Inflammation Score:-5, Nutrition Score:3.649565210161%

Nutrients (% of daily need)

Calories: 617.47kcal (30.87%), Fat: 30.52g (46.96%), Saturated Fat: 18.49g (115.57%), Carbohydrates: 84.25g (28.08%), Net Carbohydrates: 84.25g (30.64%), Sugar: 82.57g (91.74%), Cholesterol: 92.99mg (31%), Sodium: 213.18mg (9.27%), Alcohol: 0.28g (100%), Alcohol %: 0.24% (100%), Protein: 3.32g (6.63%), Vitamin A: 1131.71IU (22.63%), Calcium: 87.1mg (8.71%), Vitamin B2: 0.14mg (8.22%), Selenium: 4.78µg (6.83%), Phosphorus: 64.42mg (6.44%), Vitamin E: 0.82mg (5.44%), Potassium: 128.48mg (3.67%), Vitamin B5: 0.36mg (3.63%), Vitamin B12: 0.15µg (2.49%), Magnesium: 8.96mg (2.24%), Vitamin B6: 0.04mg (2.16%), Vitamin K: 2.22µg (2.12%), Zinc: 0.29mg (1.96%), Iron: 0.31mg (1.72%), Manganese: 0.03mg (1.48%), Copper: 0.03mg (1.35%), Folate: 5.32µg (1.33%)