

Ultra Easy Cream Cheese Dip

☒ Vegetarian ☒ Gluten Free

READY IN

ready

5 min.

SERVINGS

servings

32

CALORIES

calories

117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 32 ounce cream cheese room temperature
- ☐ 32 servings garlic salt to taste
- ☐ 1 quart milk

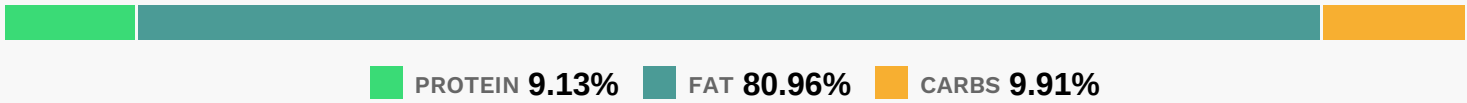
Equipment

- ☐ bowl

Directions

Place the cream cheese in a bowl. Using a fork, mash the cheese while gradually pouring in the milk to make a smooth mixture. Stir in garlic salt to taste.

Nutrition Facts



Properties

Glycemic Index:2.03, Glycemic Load:0.95, Inflammation Score:-3, Nutrition Score:2.3030434581249%

Nutrients (% of daily need)

Calories: 116.97kcal (5.85%), Fat: 10.7g (16.46%), Saturated Fat: 6.28g (39.23%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.95g (1.07%), Sugar: 2.49g (2.76%), Cholesterol: 32.18mg (10.73%), Sodium: 294.05mg (12.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.43%), Vitamin A: 428.64IU (8.57%), Calcium: 63.99mg (6.4%), Vitamin B2: 0.11mg (6.24%), Phosphorus: 60.2mg (6.02%), Selenium: 3µg (4.29%), Vitamin B12: 0.22µg (3.7%), Vitamin B5: 0.27mg (2.72%), Potassium: 81.82mg (2.34%), Vitamin D: 0.33µg (2.17%), Zinc: 0.26mg (1.76%), Vitamin E: 0.26mg (1.72%), Vitamin B6: 0.03mg (1.7%), Vitamin B1: 0.02mg (1.54%), Magnesium: 6.11mg (1.53%)