



Valerie's Fruit Dip

 Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



760 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup powdered sugar
- 8 ounce cream cheese softened
- 3.4 ounce vanilla pudding instant
- 8 ounce non-dairy whipped topping frozen thawed
- 1 cup milk whole

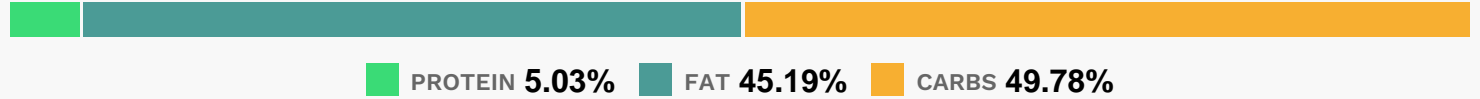
Equipment

- bowl

Directions

- In a medium bowl, mix together the vanilla pudding mix, frozen whipped topping, cream cheese, confectioner's sugar and milk.
- Serve chilled.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:2.57, Inflammation Score:-6, Nutrition Score:7.8330434586691%

Nutrients (% of daily need)

Calories: 760.11kcal (38.01%), Fat: 38.64g (59.45%), Saturated Fat: 25.36g (158.47%), Carbohydrates: 95.77g (31.92%), Net Carbohydrates: 95.58g (34.76%), Sugar: 89.21g (99.12%), Cholesterol: 87.63mg (29.21%), Sodium: 527.54mg (22.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.68g (19.36%), Vitamin A: 1202.99IU (24.06%), Calcium: 229.05mg (22.91%), Phosphorus: 219.62mg (21.96%), Vitamin B2: 0.37mg (21.53%), Selenium: 10.39µg (14.84%), Vitamin B12: 0.76µg (12.61%), Potassium: 305.37mg (8.72%), Vitamin B5: 0.73mg (7.34%), Vitamin E: 1.07mg (7.13%), Vitamin D: 0.89µg (5.96%), Magnesium: 21.86mg (5.46%), Vitamin B6: 0.11mg (5.35%), Zinc: 0.8mg (5.32%), Vitamin B1: 0.08mg (5.2%), Vitamin K: 4.25µg (4.05%), Folate: 9.07µg (2.27%), Copper: 0.03mg (1.58%), Iron: 0.21mg (1.16%), Vitamin B3: 0.23mg (1.15%)