



## Warm PB & J Dip

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 oz philadelphia cream cheese cubed
- 0.8 cup creamy peanut butter
- 2 Tbsp strawberry jam
- 1 tsp vanilla
- 8 oz cool whip whipped topping (Do not thaw.)

## Equipment

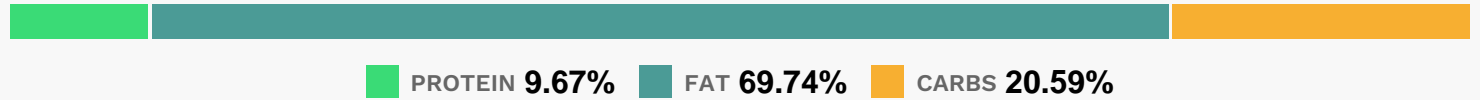
- bowl
- knife

microwave

## Directions

- Microwave cream cheese in large microwaveable bowl on HIGH 30 sec.; stir until creamy.
- Add peanut butter and COOL WHIP. Microwave 1-1/2 min.; stir until blended.
- Spoon into serving dish; top with small spoonfuls of jam. Swirl gently with knife.

## Nutrition Facts



## Properties

Glycemic Index:9.6, Glycemic Load:2.3, Inflammation Score:-4, Nutrition Score:5.3413043359052%

## Nutrients (% of daily need)

Calories: 258.03kcal (12.9%), Fat: 20.66g (31.79%), Saturated Fat: 9.1g (56.87%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 12.76g (4.64%), Sugar: 10.23g (11.37%), Cholesterol: 23.36mg (7.79%), Sodium: 171.87mg (7.47%), Alcohol: 0.14g (100%), Alcohol %: 0.26% (100%), Protein: 6.44g (12.89%), Manganese: 0.29mg (14.44%), Vitamin E: 2.08mg (13.84%), Vitamin B3: 2.62mg (13.1%), Phosphorus: 107.43mg (10.74%), Magnesium: 36.54mg (9.14%), Vitamin B2: 0.11mg (6.65%), Vitamin A: 321.37IU (6.43%), Vitamin B6: 0.1mg (5.2%), Folate: 19.8µg (4.95%), Calcium: 48.43mg (4.84%), Selenium: 3.37µg (4.81%), Potassium: 165.68mg (4.73%), Copper: 0.09mg (4.6%), Zinc: 0.63mg (4.2%), Fiber: 0.97g (3.89%), Vitamin B5: 0.34mg (3.35%), Vitamin B1: 0.04mg (2.48%), Iron: 0.4mg (2.24%), Vitamin B12: 0.1µg (1.59%), Vitamin K: 1.26µg (1.2%)