



WHATSheATE



Avocado-Corn Dip with Homemade Tortilla Chips



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



606 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



8 avocados ripe peeled chopped



1 teaspoon pepper black freshly ground



0.3 cup firmly brown sugar dark packed



12 servings garnishes: cilantro fresh chopped



2.7 cups kernel corn whole frozen



12 10-inch flour tortillas ()



2.5 teaspoons ground cumin

- ☐ 0.3 cup hot sauce
- ☐ 0.5 cup juice of lime fresh
- ☐ 12 servings vegetable oil; peanut oil preferred
- ☐ 0.8 teaspoon salt
- ☐ 12 servings salt

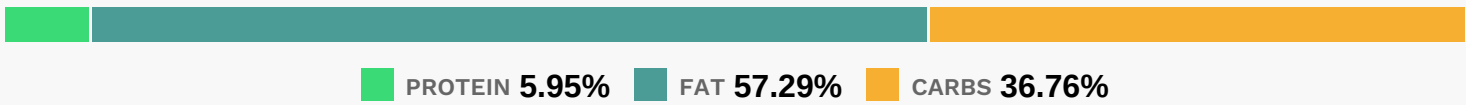
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Mash avocados in a large bowl to desired consistency. Stir in corn and next 6 ingredients. Cover and chill.
- ☐ Pour oil to a depth of 1/2 inch in a large skillet; heat to 35
- ☐ Stack tortillas; cut stack into 12 wedges. Fry wedges, 1 stack of 12 at a time, in hot oil 1 1/2 minutes on each side or until lightly browned. Quickly remove tortilla chips from oil; drain on paper towels, and sprinkle lightly with salt.
- ☐ Serve chips with dip.
- ☐ Garnish, if desired.
- ☐ *Our Test Kitchens used Bfalo Jalapeo Mexican Hot Sauce (Very Hot).

Nutrition Facts



Properties

Glycemic Index:11.92, Glycemic Load:11.93, Inflammation Score:-7, Nutrition Score:21.198260887809%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg,

Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 605.51kcal (30.28%), Fat: 39.9g (61.38%), Saturated Fat: 7.35g (45.94%), Carbohydrates: 57.61g (19.2%), Net Carbohydrates: 46.03g (16.74%), Sugar: 9.67g (10.75%), Cholesterol: 0mg (0%), Sodium: 1096.94mg (47.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.65%), Folate: 185.61µg (46.4%), Fiber: 11.58g (46.31%), Vitamin E: 5.02mg (33.47%), Vitamin K: 34.1µg (32.48%), Vitamin B1: 0.45mg (30.31%), Manganese: 0.6mg (30.01%), Vitamin B3: 5.75mg (28.73%), Vitamin C: 22.04mg (26.71%), Potassium: 815.85mg (23.31%), Phosphorus: 232.33mg (23.23%), Selenium: 16.26µg (23.23%), Vitamin B2: 0.39mg (22.67%), Iron: 3.74mg (20.76%), Vitamin B6: 0.4mg (20.25%), Vitamin B5: 2.01mg (20.07%), Copper: 0.35mg (17.58%), Magnesium: 61.46mg (15.37%), Calcium: 130.86mg (13.09%), Zinc: 1.36mg (9.09%), Vitamin A: 224.43IU (4.49%)