

# BJ's Hot Corn Dip

 Gluten Free

READY IN



85 min.

SERVINGS



20

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons sriracha to taste sriracha® (such as )
- 14 ounce regular corn mixed whole white yellow drained canned
- 14 ounce corn whole yellow drained canned
- 8 ounce cream cheese softened
- 28 ounce canned tomatoes diced green with cilantro and lime juice (such as ro\*tel®), drained mexican-style canned
- 0.5 cup cilantro leaves fresh chopped to taste
- 1 bunch spring onion chopped thin
- 1.5 cups cheese shredded mexican-style

- 1 jalapeno minced (more if you want is spicier)
- 1 juice of lime juiced
- 1 cup mayonnaise
- 0.5 cup onion red chopped to taste
- 1.5 cups cheddar cheese shredded
- 1 cup cream sour
- 2 ounce taco seasoning old el paso® (such as )
- 14 ounce corn syrup white drained canned

## Equipment

- bowl
- oven
- mixing bowl
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a 5-quart casserole with cooking spray.
- Combine the canned yellow corn, mixed yellow and white corn, white shoepeg corn, and diced tomatoes in a large bowl.
- Beat the cream cheese, mayonnaise, sour cream, chili-garlic sauce, taco seasoning, and lime juice together in a separate large mixing bowl until smooth and creamy.
- Transfer the corn and tomatoes into the bowl containing the cream cheese dressing.
- Add the red onion, green onions, cilantro, and jalapeno pepper; stir until thoroughly combined. Fold the Cheddar cheese and Mexican-style cheese blend into the corn mixture until thoroughly combined; season with kosher salt and spoon into the prepared baking dish.
- Bake in the preheated oven for 25 minutes, stir and continue baking until the dip is hot and bubbling and the top is lightly browned, 20 to 25 more minutes. Cool for 15 minutes before serving.

## Nutrition Facts



■ PROTEIN 10.22% ■ FAT 65.45% ■ CARBS 24.33%

## Properties

Glycemic Index:15.48, Glycemic Load:2.46, Inflammation Score:-6, Nutrition Score:7.9056521680044%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

## Nutrients (% of daily need)

Calories: 268.09kcal (13.4%), Fat: 20.19g (31.07%), Saturated Fat: 7.63g (47.66%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 14.75g (5.36%), Sugar: 5.46g (6.06%), Cholesterol: 38.05mg (12.68%), Sodium: 568.33mg (24.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Vitamin K: 24.25µg (23.1%), Vitamin A: 785.23IU (15.7%), Phosphorus: 143.18mg (14.32%), Calcium: 141.89mg (14.19%), Vitamin C: 9.64mg (11.68%), Vitamin B2: 0.16mg (9.34%), Fiber: 2.15g (8.59%), Selenium: 5.76µg (8.23%), Potassium: 250.13mg (7.15%), Zinc: 1.02mg (6.83%), Manganese: 0.13mg (6.68%), Vitamin B6: 0.13mg (6.37%), Magnesium: 25.08mg (6.27%), Vitamin E: 0.94mg (6.26%), Folate: 24.22µg (6.05%), Vitamin B3: 1.16mg (5.81%), Vitamin B12: 0.34µg (5.73%), Vitamin B5: 0.53mg (5.34%), Iron: 0.95mg (5.27%), Vitamin B1: 0.07mg (4.77%), Copper: 0.07mg (3.44%)