



## Cheesy Salsa Corn

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 10 ounce whole-kernel corn frozen
- 1.5 ounces cheddar cheese shredded extra-sharp reduced-fat
- 2 tablespoons chunky salsa
- 0.1 teaspoon salt

### Equipment

- bowl

## Directions

- Cook corn according to package directions, omitting salt; drain and place in a small bowl.
- Add cheese, salsa, and salt; toss gently.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.9921738923244%

## Nutrients (% of daily need)

Calories: 68.2kcal (3.41%), Fat: 1.62g (2.5%), Saturated Fat: 0.64g (3.98%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 9.32g (3.39%), Sugar: 3.51g (3.9%), Cholesterol: 2.23mg (0.74%), Sodium: 335.5mg (14.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.65%), Phosphorus: 86.62mg (8.66%), Folate: 27.71µg (6.93%), Fiber: 1.56g (6.25%), Vitamin B2: 0.09mg (5.24%), Calcium: 48.53mg (4.85%), Manganese: 0.09mg (4.53%), Vitamin B3: 0.8mg (4.02%), Potassium: 121.22mg (3.46%), Magnesium: 12.12mg (3.03%), Zinc: 0.44mg (2.91%), Selenium: 2.04µg (2.91%), Vitamin B5: 0.29mg (2.87%), Vitamin B6: 0.05mg (2.25%), Vitamin B1: 0.03mg (2.02%), Vitamin A: 92.3IU (1.85%), Vitamin C: 1.29mg (1.56%), Copper: 0.03mg (1.54%), Iron: 0.27mg (1.5%), Vitamin E: 0.17mg (1.12%)