



Chipotle-Corn Cream Cheese Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoons chipotle chilies in adobado sauce minced
- ☐ 15.3 oz corn kernels rinsed drained canned
- ☐ 8 ounces nonfat cream cheese and cream cheese reduced-fat
- ☐ 3 tablespoons juice of lime

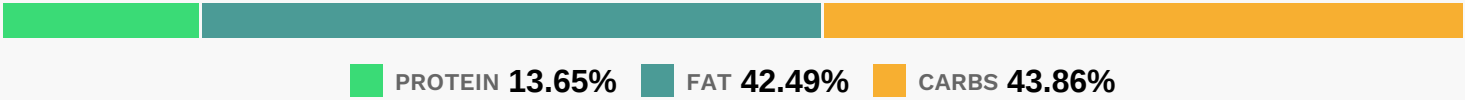
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ With a mixer, beat the cream cheeses together until smooth.
- ☐ Add lime juice and chipotles, and beat to mix well. Stir in corn, then spoon dip into a serving bowl.
- ☐ Serve, or cover and chill up until the next day.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.4795652135559%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 80.54kcal (4.03%), Fat: 4.06g (6.25%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 8.14g (2.96%), Sugar: 3.93g (4.36%), Cholesterol: 12.25mg (4.08%), Sodium: 171.41mg (7.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.87%), Phosphorus: 54.99mg (5.5%), Fiber: 1.31g (5.22%), Folate: 20.76µg (5.19%), Vitamin B2: 0.08mg (4.77%), Calcium: 35.49mg (3.55%), Vitamin B5: 0.35mg (3.51%), Vitamin B12: 0.21µg (3.48%), Potassium: 118.35mg (3.38%), Vitamin A: 146.9IU (2.94%), Manganese: 0.05mg (2.63%), Vitamin C: 2.04mg (2.47%), Vitamin B3: 0.47mg (2.34%), Magnesium: 7.79mg (1.95%), Zinc: 0.27mg (1.81%), Vitamin B1: 0.03mg (1.75%), Selenium: 1.17µg (1.67%), Vitamin B6: 0.03mg (1.4%), Copper: 0.02mg (1.14%)