



Corn and Walnut Dip

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



24

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 oz cream cheese softened
- ☐ 0.3 cup juice of lime
- ☐ 1 tablespoon chili powder red
- ☐ 1 tablespoon ground cumin
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash pepper
- ☐ 7 oz corn whole drained canned

- ☐ 0.3 cup walnut pieces chopped
- ☐ 0.3 cup onion chopped
- ☐ 1 serving tortilla chips

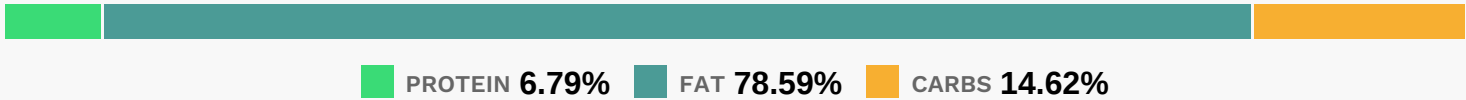
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In large bowl, beat cream cheese, lime juice, chilies, cumin, oil, salt and pepper with electric mixer on medium speed until smooth. Stir in corn, walnuts and onion.
- ☐ Refrigerate at least 1 hour.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:1.9895652014276%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 98.95kcal (4.95%), Fat: 8.9g (13.69%), Saturated Fat: 4.13g (25.81%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.4g (1.24%), Sugar: 0.89g (0.99%), Cholesterol: 19.09mg (6.36%), Sodium: 131.13mg (5.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin A: 357.43IU (7.15%), Phosphorus: 33.54mg (3.35%), Manganese: 0.07mg (3.28%), Vitamin B2: 0.05mg (3.07%), Vitamin K: 3.15µg (3%), Vitamin E: 0.45mg (2.98%), Selenium: 1.83µg (2.61%), Calcium: 25.14mg (2.51%), Magnesium: 7.3mg (1.83%), Iron: 0.32mg (1.79%), Copper: 0.03mg (1.67%), Potassium: 58.46mg (1.67%), Folate: 6.12µg (1.53%), Vitamin B6: 0.03mg (1.51%),

Vitamin B5: 0.14mg (1.37%), Zinc: 0.2mg (1.35%), Fiber: 0.33g (1.31%), Vitamin C: 1.06mg (1.28%), Vitamin B1: 0.02mg (1.01%)