



Corn-Chipotle Spinach Dip

READY IN



35 min.

SERVINGS



35

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 chipotle pepper in adobo sauce finely chopped
- 0.3 cup knudsen cream sour
- 8 oz philadelphia cream cheese cubed
- 1 cup regular corn frozen thawed
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1 small onion chopped
- 0.3 cup parmesan cheese grated kraft
- 35 servings ritz crackers
- 10 oz spinach leaves (8 cups)

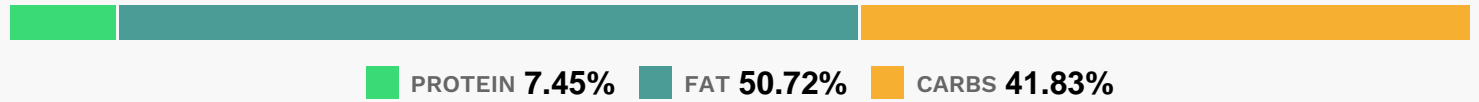
Equipment

- frying pan
- oven

Directions

- Preheat oven to 400F.
- Heat dressing in large skillet on medium-high heat.
- Add onions; cook and stir 3 to 5 min. or until tender.
- Add spinach, corn and peppers; cook and stir 2 to 3 min. or until spinach is wilted.
- Remove from heat.
- Add cream cheese, sour cream and Parmesan cheese; mix well.
- Spoon into 9-inch pie plate.
- Bake 20 min. or until heated through.
- Serve with the crackers.

Nutrition Facts



Properties

Glycemic Index:2.46, Glycemic Load:0.17, Inflammation Score:-6, Nutrition Score:6.0039130651756%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 117.24kcal (5.86%), Fat: 6.71g (10.32%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 11.69g (4.25%), Sugar: 1.84g (2.05%), Cholesterol: 8.14mg (2.71%), Sodium: 189.54mg (8.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Vitamin K: 47.77µg (45.5%), Vitamin A: 863.52IU (17.27%), Manganese: 0.17mg (8.54%), Folate: 30.22µg (7.56%), Phosphorus: 65.17mg (6.52%), Vitamin B1: 0.09mg

(5.67%), Iron: 0.99mg (5.53%), Vitamin E: 0.81mg (5.38%), Vitamin B2: 0.08mg (4.85%), Calcium: 47.68mg (4.77%), Vitamin B3: 0.93mg (4.65%), Vitamin C: 2.78mg (3.37%), Magnesium: 12.19mg (3.05%), Fiber: 0.76g (3.02%), Potassium: 93.64mg (2.68%), Selenium: 1.75µg (2.5%), Vitamin B6: 0.04mg (2.08%), Copper: 0.04mg (1.77%), Zinc: 0.25mg (1.64%), Vitamin B5: 0.13mg (1.26%)