

Corn Dip II

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



15

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 33 ounce corn mexican-style drained canned
- 1 pinch ground pepper to taste
- 0.5 cup cilantro leaves fresh chopped
- 1 bunch spring onion chopped
- 1 teaspoon ground cumin
- 1 teaspoon juice of lime fresh
- 1 cup mayonnaise
- 1 pinch salt

1 pound cheddar cheese shredded

2 cups cream sour

Equipment

bowl

Directions

In a large serving bowl, stir together the corn, mayonnaise, sour cream, green onions, cilantro, Cheddar cheese and lime juice. Season with cumin, cayenne pepper, and salt. Stir to blend in seasonings, then refrigerate until chilled before serving.

Nutrition Facts

 **PROTEIN 11.19%** **FAT 76.16%** **CARBS 12.65%**

Properties

Glycemic Index:11.87, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:7.3208694626456%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 333.04kcal (16.65%), Fat: 28.33g (43.58%), Saturated Fat: 10.79g (67.44%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 10.52g (3.82%), Sugar: 1.28g (1.42%), Cholesterol: 54.6mg (18.2%), Sodium: 407.08mg (17.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.73%), Vitamin K: 30.51µg (29.05%), Calcium: 250.02mg (25%), Phosphorus: 192.09mg (19.21%), Selenium: 10.06µg (14.37%), Vitamin B2: 0.2mg (11.75%), Vitamin A: 560.34IU (11.21%), Zinc: 1.42mg (9.49%), Folate: 28.43µg (7.11%), Vitamin B12: 0.4µg (6.71%), Vitamin E: 0.86mg (5.75%), Magnesium: 19.22mg (4.81%), Potassium: 147.06mg (4.2%), Vitamin B3: 0.55mg (2.76%), Manganese: 0.05mg (2.59%), Vitamin B5: 0.26mg (2.58%), Vitamin C: 1.9mg (2.3%), Copper: 0.04mg (2.07%), Iron: 0.36mg (2%), Vitamin B1: 0.03mg (1.86%), Vitamin B6: 0.04mg (1.86%), Vitamin D: 0.21µg (1.41%)