



Corn Salsa Dip

☒ Vegetarian ☒ Gluten Free

READY IN

ready

40 min.

SERVINGS

servings

15

CALORIES

calories

224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15.3 ounce regular corn drained canned
- ☐ 1 cup mayonnaise
- ☐ 16 ounce salsa pace® such as
- ☐ 8 ounce cheddar cheese shredded
- ☐ 1 cup cup heavy whipping cream sour

Equipment

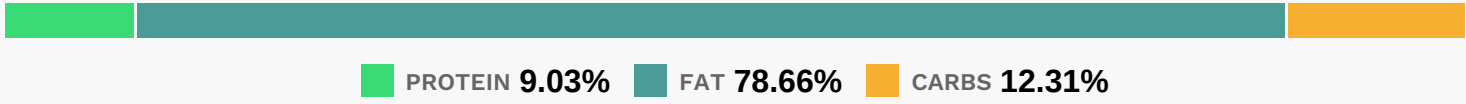
- ☐ bowl

Directions

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Mix salsa, corn, Cheddar cheese, sour cream, and mayonnaise in a bowl. Refrigerate until chilled, at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:5.1443478050439%

Nutrients (% of daily need)

Calories: 223.69kcal (11.18%), Fat: 19.76g (30.39%), Saturated Fat: 6.27g (39.18%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 6.41g (2.33%), Sugar: 1.81g (2.01%), Cholesterol: 30.44mg (10.15%), Sodium: 443.81mg (19.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.21%), Vitamin K: 26.2µg (24.96%), Calcium: 132.62mg (13.26%), Phosphorus: 105.53mg (10.55%), Vitamin A: 401.88IU (8.04%), Selenium: 5.46µg (7.8%), Vitamin E: 1.03mg (6.87%), Vitamin B2: 0.11mg (6.43%), Zinc: 0.77mg (5.13%), Potassium: 145.25mg (4.15%), Folate: 14.41µg (3.6%), Vitamin B6: 0.07mg (3.56%), Vitamin B12: 0.21µg (3.51%), Magnesium: 13.47mg (3.37%), Vitamin B3: 0.59mg (2.93%), Manganese: 0.05mg (2.73%), Fiber: 0.54g (2.18%), Vitamin B5: 0.2mg (2.01%), Copper: 0.04mg (1.96%), Vitamin B1: 0.02mg (1.59%), Vitamin C: 1.2mg (1.46%), Iron: 0.26mg (1.43%)