



## Creamy Southwestern Corn Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup butter
- 10 ounce canned tomatoes diced with green chile peppers (such as ro\*tel®) canned
- 8 ounce cream cheese
- 0.3 teaspoon ground cumin to taste
- 22 ounce shoepeg corn drained canned

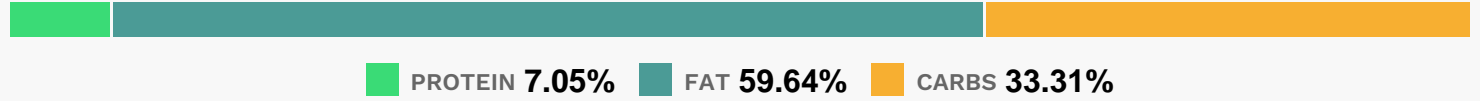
### Equipment

- sauce pan

## Directions

- Melt butter in a large saucepan over medium heat. Stir corn, diced tomatoes with green chile peppers, and cream cheese into the melted butter until smooth; season with cumin. Cook until hot, about 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:10.25, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:5.5000000570131%

## Nutrients (% of daily need)

Calories: 235.51kcal (11.78%), Fat: 16.62g (25.57%), Saturated Fat: 9.53g (59.55%), Carbohydrates: 20.89g (6.96%), Net Carbohydrates: 17.6g (6.4%), Sugar: 8.28g (9.2%), Cholesterol: 43.88mg (14.63%), Sodium: 255.08mg (11.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Fiber: 3.28g (13.12%), Vitamin A: 560.36IU (11.21%), Vitamin C: 9.09mg (11.02%), Phosphorus: 104.07mg (10.41%), Manganese: 0.17mg (8.6%), Vitamin B5: 0.75mg (7.53%), Magnesium: 27.09mg (6.77%), Potassium: 236.7mg (6.76%), Vitamin B3: 1.33mg (6.65%), Vitamin B2: 0.11mg (6.42%), Vitamin B6: 0.12mg (5.77%), Vitamin B1: 0.08mg (5.16%), Folate: 18.36µg (4.59%), Selenium: 3.14µg (4.48%), Zinc: 0.57mg (3.81%), Vitamin E: 0.48mg (3.2%), Calcium: 31.34mg (3.13%), Iron: 0.5mg (2.79%), Copper: 0.05mg (2.5%), Vitamin K: 1.41µg (1.34%), Vitamin B12: 0.07µg (1.24%)