



Favorite Mexicorn Chip Dip

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 22 ounce regular corn with red and green peppers, drained mexican-style canned
- 10 ounce canned tomatoes diced with green chile peppers (such as ro*tel®) canned
- 1 cup mayonnaise
- 1 cup cheddar cheese shredded

Equipment

- bowl

Directions

- Combine the corn, tomatoes, mayonnaise, and Cheddar cheese in a bowl until well blended. Cover and refrigerate until chilled.

Nutrition Facts

PROTEIN 6.14% **FAT 84.46%** **CARBS 9.4%**

Properties

Glycemic Index:8.7, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:8.1669566216676%

Flavonoids

Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 218.55kcal (10.93%), Fat: 20.7g (31.85%), Saturated Fat: 4.83g (30.17%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 3.19g (1.16%), Sugar: 2.61g (2.9%), Cholesterol: 20.71mg (6.9%), Sodium: 312.42mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.77%), Vitamin C: 53.55mg (64.9%), Vitamin K: 41.4µg (39.43%), Calcium: 87.92mg (8.79%), Fiber: 2g (7.98%), Vitamin B6: 0.15mg (7.46%), Vitamin A: 358.55IU (7.17%), Vitamin E: 1.05mg (7%), Phosphorus: 68.93mg (6.89%), Selenium: 3.71µg (5.3%), Vitamin B2: 0.07mg (4.21%), Manganese: 0.08mg (3.94%), Zinc: 0.53mg (3.53%), Potassium: 122.33mg (3.5%), Vitamin B1: 0.04mg (2.74%), Copper: 0.05mg (2.46%), Vitamin B12: 0.15µg (2.44%), Folate: 9.73µg (2.43%), Magnesium: 9.51mg (2.38%), Iron: 0.28mg (1.54%), Vitamin B3: 0.31mg (1.53%), Vitamin B5: 0.15mg (1.47%)