



 **9%**
HEALTH SCORE

Grilled Corn Dip

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



5

CALORIES



725 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 medium ears corn sweet
- 1 large onion chopped
- 1 jalapeno finely chopped
- 2 tablespoons butter
- 2 garlic clove minced
- 1 cup mayonnaise
- 0.5 cup cream sour
- 0.5 teaspoon chili powder

- 2 cups monterrey jack cheese shredded
- 2.3 ounces olives ripe drained sliced canned
- 2 tablespoons spring onion sliced
- 1 serving tortilla chips

Equipment

- bowl
- frying pan
- oven
- baking pan
- grill

Directions

- Grill corn, covered, over medium heat for 10-12 minutes or until tender, turning occasionally.
- Cut corn from cobs. In a large skillet, saute the onion and jalapeno in butter for 2-3 minutes or until almost tender.
- Add corn and garlic; saute 1-2 minutes longer or until vegetables are tender.
- Remove from the heat.
- In a large bowl, combine the mayonnaise, sour cream and chili powder. Stir in cheese and corn mixture.
- Transfer to a greased 2-qt. baking dish.
- Bake, uncovered, at 400° for 25-30 minutes or until bubbly and golden brown.
- Sprinkle with olives and green onions; serve with chips.

Nutrition Facts

PROTEIN 9.17% FAT 73.47% CARBS 17.36%

Properties

Glycemic Index:49.6, Glycemic Load:1.01, Inflammation Score:-8, Nutrition Score:18.097825827806%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 725.05kcal (36.25%), Fat: 61.05g (93.93%), Saturated Fat: 19.91g (124.45%), Carbohydrates: 32.46g (10.82%), Net Carbohydrates: 28.55g (10.38%), Sugar: 10.51g (11.68%), Cholesterol: 84.65mg (28.22%), Sodium: 839.71mg (36.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.15g (34.29%), Vitamin K: 82.44µg (78.52%), Calcium: 392.16mg (39.22%), Phosphorus: 363.72mg (36.37%), Vitamin A: 1053.25IU (21.07%), Vitamin E: 2.77mg (18.47%), Vitamin B2: 0.31mg (18.39%), Folate: 72.47µg (18.12%), Vitamin C: 14.9mg (18.06%), Magnesium: 70.96mg (17.74%), Vitamin B1: 0.24mg (15.7%), Fiber: 3.92g (15.67%), Zinc: 2.24mg (14.91%), Selenium: 9.97µg (14.25%), Manganese: 0.28mg (13.94%), Potassium: 487.78mg (13.94%), Vitamin B5: 1.26mg (12.59%), Vitamin B6: 0.25mg (12.25%), Vitamin B3: 2.42mg (12.12%), Vitamin B12: 0.49µg (8.11%), Iron: 1.38mg (7.67%), Copper: 0.13mg (6.73%), Vitamin D: 0.36µg (2.41%)