



Homemade Salsa-PHILLY Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 tsp chili powder
- 1 Tbsp cilantro leaves fresh chopped
- 0.3 cup regular corn frozen thawed
- 0.3 cup pasilla peppers green chopped
- 0.1 tsp ground cumin
- 1 lime halved
- 8 oz philadelphia neufchatel cheese softened
- 2 Tbsp onions finely chopped

- 1 jalapeño pepper finely chopped
- 0.5 cup tomatoes seeded chopped

Equipment

Directions

- Spread Neufchatel onto bottom of pie plate; sprinkle with seasonings.
- Top with all remaining ingredients except lime halves.
- Squeeze lime halves over dip.

Nutrition Facts

PROTEIN 13.7% **FAT 66.38%** **CARBS 19.92%**

Properties

Glycemic Index:20.3, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:2.1186956374542%

Flavonoids

Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 68.11kcal (3.41%), Fat: 5.26g (8.09%), Saturated Fat: 2.92g (18.23%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.98g (1.09%), Sugar: 1.21g (1.35%), Cholesterol: 16.78mg (5.59%), Sodium: 77.36mg (3.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Vitamin C: 6.52mg (7.91%), Vitamin A: 283.76IU (5.68%), Phosphorus: 40.81mg (4.08%), Calcium: 31.36mg (3.14%), Vitamin B2: 0.05mg (2.65%), Potassium: 87.21mg (2.49%), Fiber: 0.57g (2.28%), Manganese: 0.04mg (2.08%), Vitamin B6: 0.04mg (1.99%), Folate: 7.83µg (1.96%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.26mg (1.71%), Vitamin K: 1.62µg (1.55%), Magnesium: 6.15mg (1.54%), Vitamin B1: 0.02mg (1.26%), Vitamin E: 0.18mg (1.17%), Copper: 0.02mg (1.14%), Vitamin B12: 0.07µg (1.13%), Vitamin B3: 0.22mg (1.12%), Selenium: 0.77µg (1.11%)