



Hot Cheesy Corn Dip



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



6

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 cups regular corn fresh frozen canned thawed drained (, or)
- ☐ 1 clove garlic chopped
- ☐ 2 green onions sliced
- ☐ 1 jalapeño diced finely
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 0.5 cup onion diced

- ☐ 0.3 cup bell pepper diced red
- ☐ 6 servings salt to taste
- ☐ 0.5 cup cheddar cheese shredded

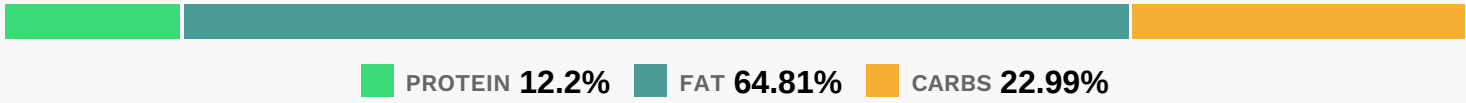
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Melt the butter in a pan over medium-high heat, add the corn, saute until the corn starts to turn golden brown, about 5 minutes, and set aside.Melt the butter in the pan over medium-high heat add the onion, and pepper and saute until the onions are soft, about 3-5 minutes.
- ☐ Add the green onion, jalapeno and garlic and saute until fragrant, about a minute.
- ☐ Mix the corn, onions, peppers, mayonnaise, cheeses and cayenne in a bowl, reserving some of the cheese.
- ☐ Pour the mixture into a baking pan and top with the reserved cheese.
- ☐ Bake in a preheated 350F oven until bubbling on the sides and golden brown on top, about 10-20 minutes.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:0.78, Inflammation Score:-8, Nutrition Score:9.11565225539%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 211.32kcal (10.57%), Fat: 15.98g (24.58%), Saturated Fat: 6.13g (38.33%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 10.7g (3.89%), Sugar: 4.39g (4.87%), Cholesterol: 26.73mg (8.91%), Sodium: 201.78mg (8.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.53%), Vitamin A: 1413.46IU (28.27%), Vitamin K: 26.67µg (25.4%), Vitamin C: 17.42mg (21.12%), Calcium: 149.62mg (14.96%), Phosphorus: 144.67mg (14.47%), Folate: 35.22µg (8.81%), Vitamin E: 1.29mg (8.62%), Vitamin B2: 0.14mg (8.24%), Fiber: 2.05g (8.19%), Manganese: 0.16mg (8.13%), Vitamin B6: 0.16mg (8.06%), Magnesium: 29.5mg (7.38%), Selenium: 4.91µg (7.02%), Potassium: 239.48mg (6.84%), Vitamin B1: 0.1mg (6.69%), Zinc: 0.98mg (6.53%), Vitamin B3: 1.17mg (5.87%), Vitamin B5: 0.47mg (4.73%), Iron: 0.64mg (3.55%), Vitamin B12: 0.19µg (3.22%), Copper: 0.05mg (2.68%)