



Hot Corn Chile Dip

 Vegetarian

READY IN

ready

50 min.

SERVINGS

servings

8

CALORIES

calories

554 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 tablespoons butter
- ☐ 8 ounces cream cheese softened
- ☐ 5 ears corn fresh
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper diced green seeded
- ☐ 2 cans chiles diced green
- ☐ 3 green onions sliced thin
- ☐ 2 jalapeños diced seeded finely

- ☐ 0.5 cup mayonnaise
- ☐ 1 medium onion diced
- ☐ 1.5 cups pepper-jack cheese grated
- ☐ 8 servings pita crisps for serving
- ☐ 1 bell pepper diced red seeded
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

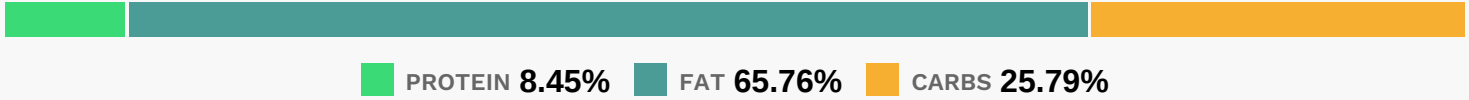
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a grill on medium heat. Grill the corn until lots of the kernels have color.
- ☐ Cut off the kernels and set aside.
- ☐ If serving immediately, preheat the oven to 350 degrees F.
- ☐ Melt the butter in a large skillet over medium-high heat.
- ☐ Add the garlic, jalapenos, onions and green and red bell peppers. Cook for a few minutes, until the peppers get great color on the outside.
- ☐ Add the chiles and stir for 30 seconds. Set aside.
- ☐ In a large bowl, combine 1 cup of the pepper-jack, the cream cheese, mayonnaise, sour cream and green onions and stir until combined.
- ☐ Add the reserved corn and veggie mixture and stir to combine thoroughly.
- ☐ Pour into a small baking dish.
- ☐ Bake immediately, or cover with foil and refrigerate up to 48 hours.

- ☐
- Sprinkle the remaining 1/2 cup cheese over the top and bake until bubbly, 20 to 25 minutes.
- ☐
- Serve with tortilla chips or pita crisps.

Nutrition Facts



Properties

Glycemic Index:39.63, Glycemic Load:1.2, Inflammation Score:-8, Nutrition Score:16.328695680784%

Flavonoids

Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 554.49kcal (27.72%), Fat: 41.85g (64.39%), Saturated Fat: 17.47g (109.17%), Carbohydrates: 36.94g (12.31%), Net Carbohydrates: 32.79g (11.92%), Sugar: 7.31g (8.12%), Cholesterol: 76.9mg (25.63%), Sodium: 569.48mg (24.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.1g (24.2%), Vitamin C: 50.86mg (61.65%), Vitamin K: 42.53µg (40.51%), Vitamin A: 1562.59IU (31.25%), Phosphorus: 270.67mg (27.07%), Calcium: 254.56mg (25.46%), Fiber: 4.15g (16.59%), Vitamin E: 2.45mg (16.31%), Folate: 65.17µg (16.29%), Vitamin B2: 0.26mg (15.5%), Magnesium: 61.71mg (15.43%), Vitamin B6: 0.3mg (14.8%), Selenium: 8.32µg (11.88%), Potassium: 413.39mg (11.81%), Vitamin B1: 0.17mg (11.45%), Vitamin B5: 1.14mg (11.43%), Zinc: 1.63mg (10.89%), Vitamin B3: 1.78mg (8.88%), Manganese: 0.18mg (8.77%), Iron: 1.55mg (8.61%), Copper: 0.1mg (5%), Vitamin B12: 0.3µg (4.95%), Vitamin D: 0.16µg (1.03%)