



Hot Corn Dip

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



424 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 ounce chiles green drained chopped canned
- ☐ 22 ounce mexican corn drained canned
- ☐ 12 servings corn chips for dipping
- ☐ 1 cup mayonnaise
- ☐ 8 ounces monterrey jack cheese grated
- ☐ 0.7 cup parmesan grated

Equipment

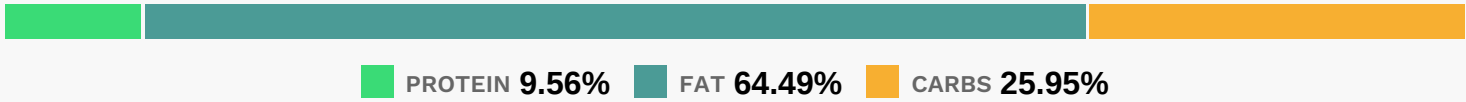
- ☐ bowl

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Grease a 9- 13- by 2-inch casserole dish.
- ☐ In a medium bowl, mix the corn, chiles, cheeses and mayonnaise until fully combined.
- ☐ Spread the mixture in the prepared casserole dish and bake, uncovered, until bubbly around the edges, 30 to 40 minutes.
- ☐ Serve the dip warm from the oven with corn chips.

Nutrition Facts



Properties

Glycemic Index:13.29, Glycemic Load:5.5, Inflammation Score:-5, Nutrition Score:10.073913024819%

Nutrients (% of daily need)

Calories: 424.49kcal (21.22%), Fat: 31.31g (48.17%), Saturated Fat: 8.03g (50.16%), Carbohydrates: 28.34g (9.45%), Net Carbohydrates: 25.61g (9.31%), Sugar: 2.68g (2.98%), Cholesterol: 28.44mg (9.48%), Sodium: 549.78mg (23.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.45g (20.9%), Vitamin K: 32.97µg (31.4%), Calcium: 256.12mg (25.61%), Phosphorus: 223.07mg (22.31%), Vitamin E: 2.74mg (18.3%), Vitamin C: 10.13mg (12.28%), Fiber: 2.73g (10.92%), Manganese: 0.21mg (10.64%), Magnesium: 42.26mg (10.56%), Zinc: 1.45mg (9.67%), Selenium: 6.72µg (9.59%), Vitamin B2: 0.15mg (9.03%), Vitamin B6: 0.17mg (8.3%), Folate: 30.4µg (7.6%), Vitamin A: 364.34IU (7.29%), Vitamin B5: 0.68mg (6.84%), Vitamin B3: 1.28mg (6.38%), Iron: 1.07mg (5.96%), Potassium: 201.8mg (5.77%), Vitamin B1: 0.07mg (4.7%), Vitamin B12: 0.25µg (4.1%), Copper: 0.07mg (3.26%), Vitamin D: 0.18µg (1.19%)