



Hot Green Chile Corn Dip

 **Gluten Free**

READY IN

ready

40 min.

SERVINGS

servings

8

CALORIES

calories

338 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 8 ounce chilies green drained chopped canned
- ☐ 1 cup mayonnaise
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 4 ounce olives chopped canned
- ☐ 0.5 cup parmesan cheese grated
- ☐ 15.3 ounce kernel corn sweet whole drained canned

Equipment

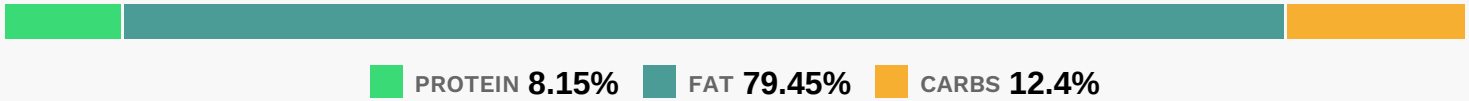
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix corn, green chilies, Monterey Jack cheese, mayonnaise, and Parmesan cheese in a 2-quart baking dish.
- ☐ Bake in preheated oven until the cheese is melted and the dip is hot in the center, about 30 minutes. Top with olives to serve.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:6.390869550083%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 337.6kcal (16.88%), Fat: 29.92g (46.02%), Saturated Fat: 7.35g (45.93%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 9.1g (3.31%), Sugar: 1.26g (1.39%), Cholesterol: 29.77mg (9.92%), Sodium: 775.54mg (33.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.81%), Vitamin K: 46.3µg (44.09%), Calcium: 171.31mg (17.13%), Phosphorus: 130.94mg (13.09%), Vitamin E: 1.53mg (10.18%), Selenium: 5.01µg (7.15%), Zinc: 0.89mg (5.96%), Fiber: 1.4g (5.61%), Vitamin B2: 0.09mg (5.36%), Vitamin C: 4.32mg (5.24%), Folate: 20.41µg (5.1%), Vitamin A: 236.59IU (4.73%), Vitamin B12: 0.24µg (3.92%), Magnesium: 13.78mg (3.45%), Potassium: 97.18mg (2.78%), Vitamin B3: 0.47mg (2.37%), Copper: 0.05mg (2.31%), Iron: 0.38mg (2.09%), Manganese: 0.04mg (1.95%), Vitamin B1: 0.02mg (1.18%), Vitamin D: 0.17µg (1.15%), Vitamin B6: 0.02mg (1.14%), Vitamin B5: 0.1mg (1.01%)