



Mexi Corn Dip

 **Gluten Free**

READY IN



500 min.

SERVINGS



6

CALORIES



455 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon adobo seasoning
- 11 ounce regular corn mexican-style drained canned
- 1 teaspoon chili powder
- 14 ounce regular corn white yellow drained canned
- 1 tablespoon garlic minced
- 4 ounce chiles diced green drained canned
- 1 cup green onion chopped
- 0.5 cup mayonnaise

- 1 teaspoon lawry's seasoned salt
- 8 ounce mexican cheese blend shredded
- 1 cup cup heavy whipping cream sour

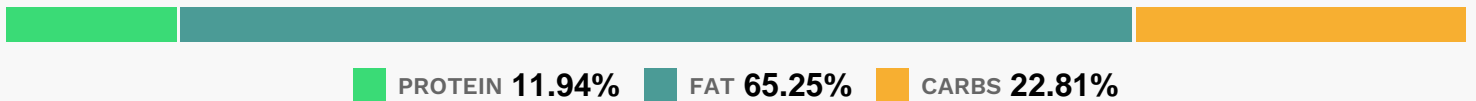
Equipment

- bowl
- plastic wrap

Directions

- Stir the yellow and white corn, Mexican-style corn, sour cream, mayonnaise, green onion, green chiles, adobo seasoning, seasoned salt, chili powder, and minced garlic together in a bowl.
- Add the Mexican cheese blend, and stir until evenly mixed. Cover with plastic wrap. Refrigerate overnight before serving.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.45, Inflammation Score:-7, Nutrition Score:14.083913067113%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 454.66kcal (22.73%), Fat: 33.99g (52.29%), Saturated Fat: 12.75g (79.67%), Carbohydrates: 26.73g (8.91%), Net Carbohydrates: 24g (8.73%), Sugar: 7.43g (8.26%), Cholesterol: 66.37mg (22.12%), Sodium: 917.83mg (39.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.99%), Vitamin K: 67.09µg (63.89%), Calcium: 314.62mg (31.46%), Phosphorus: 294.14mg (29.41%), Vitamin C: 15.35mg (18.61%), Vitamin A: 790.3IU (15.81%), Vitamin B2: 0.26mg (15.02%), Folate: 57.69µg (14.42%), Zinc: 1.92mg (12.82%), Selenium: 8.58µg (12.26%), Manganese: 0.25mg (12.25%), Potassium: 396.01mg (11.31%), Magnesium: 45.01mg (11.25%), Fiber: 2.73g (10.92%), Vitamin B12: 0.57µg (9.46%), Vitamin B6: 0.19mg (9.45%), Vitamin B3: 1.84mg (9.22%), Vitamin B5: 0.79mg (7.93%), Iron: 1.38mg (7.65%), Vitamin E: 1.14mg (7.57%), Vitamin B1: 0.1mg (6.82%), Copper: 0.1mg (4.89%), Vitamin D:

0.23µg (1.51%)