



Quick Fiesta Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 ounce corn niblets frozen
- ☐ 6 servings corn chips
- ☐ 12 ounce thick-and-chunky mild salsa
- ☐ 4 ounces cheddar cheese shredded

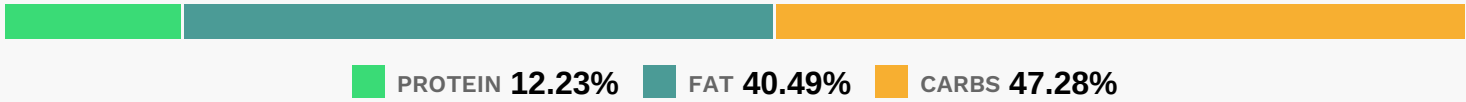
Equipment

- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Cook corn according to package directions; drain.
- ☐ Pour salsa into a 9-inch glass pieplate; stir in corn. Cover with plastic wrap; fold back a small section of wrap to allow steam to escape. Microwave at HIGH 2 minutes or until bubbly.
- ☐ Sprinkle cheese over salsa; cover with plastic wrap.
- ☐ Let stand 5 minutes or until cheese is melted.
- ☐ Serve with chips.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:8.7586955609529%

Nutrients (% of daily need)

Calories: 267.39kcal (13.37%), Fat: 12.66g (19.48%), Saturated Fat: 4.48g (27.99%), Carbohydrates: 33.26g (11.09%), Net Carbohydrates: 29.54g (10.74%), Sugar: 2.44g (2.71%), Cholesterol: 18.9mg (6.3%), Sodium: 589.52mg (25.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.21%), Phosphorus: 204.7mg (20.47%), Calcium: 180.88mg (18.09%), Fiber: 3.72g (14.89%), Magnesium: 50.74mg (12.68%), Vitamin E: 1.82mg (12.15%), Vitamin B6: 0.24mg (11.95%), Selenium: 7.43µg (10.62%), Zinc: 1.49mg (9.94%), Potassium: 336.82mg (9.62%), Vitamin B2: 0.16mg (9.32%), Vitamin A: 464.07IU (9.28%), Vitamin K: 8.69µg (8.27%), Vitamin B3: 1.59mg (7.97%), Vitamin B1: 0.11mg (7.22%), Manganese: 0.13mg (6.66%), Folate: 26.61µg (6.65%), Vitamin B5: 0.65mg (6.49%), Iron: 0.98mg (5.46%), Vitamin C: 4.14mg (5.02%), Copper: 0.09mg (4.6%), Vitamin B12: 0.2µg (3.34%)