



Robert's Corn Dip

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

810 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 oz chiles green chopped canned
- ☐ 6 oz jalapeños drained chopped to taste canned
- ☐ 33 oz corn & peppers diced sweet drained canned
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup green onion chopped
- ☐ 6 servings garnish: jalapeno sliced
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon pepper

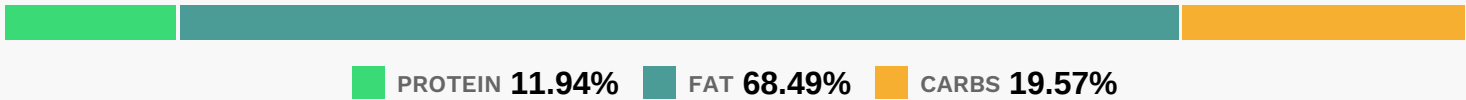
- ☐ 16 oz sharp cheddar cheese corn chips shredded
- ☐ 1 cup cup heavy whipping cream sour

Equipment

Directions

- ☐ Mix together all ingredients except corn chips and jalapeo and refrigerate.
- ☐ Serve with corn chips for scooping.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:38.92, Glycemic Load:16.89, Inflammation Score:-9, Nutrition Score:25.652608436087%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 809.54kcal (40.48%), Fat: 63.82g (98.19%), Saturated Fat: 23.11g (144.45%), Carbohydrates: 41.01g (13.67%), Net Carbohydrates: 35.42g (12.88%), Sugar: 9.76g (10.84%), Cholesterol: 113.9mg (37.97%), Sodium: 1389.09mg (60.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.04g (50.09%), Vitamin K: 85.78µg (81.7%), Calcium: 610.67mg (61.07%), Phosphorus: 518.35mg (51.84%), Vitamin A: 2078.04IU (41.56%), Vitamin C: 30.83mg (37.37%), Selenium: 24.36µg (34.8%), Vitamin B2: 0.53mg (30.98%), Zinc: 4.11mg (27.37%), Fiber: 5.6g (22.38%), Folate: 89.02µg (22.25%), Vitamin B6: 0.41mg (20.66%), Vitamin B5: 1.91mg (19.14%), Magnesium: 73.92mg (18.48%), Manganese: 0.37mg (18.39%), Potassium: 592.88mg (16.94%), Vitamin E: 2.41mg (16.09%), Vitamin B3: 3.16mg (15.81%), Vitamin B12: 0.93µg (15.44%), Vitamin B1: 0.2mg (13.45%), Iron: 2.2mg (12.24%), Copper: 0.17mg (8.53%), Vitamin D: 0.53µg (3.52%)