



WHATSheATE



Southwestern Corn-Cheese Dip



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



11 oz corn southwestern style canned



8 oz mexican cheese blend with jalapeño peppers (from 16-oz loaf), cut into cubes prepared



2 tablespoons cilantro leaves fresh sliced chopped



8 oz tortilla chips

Equipment



bowl

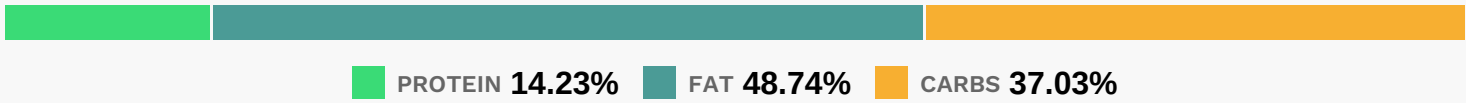


sauce pan

Directions

- ☐ Drain liquid from corn into 2-quart saucepan.
- ☐ Add cheese; cook over medium-low heat, stirring constantly, until melted.
- ☐ Stir in corn. Cook until thoroughly heated. Spoon into serving bowl.
- ☐ Sprinkle with cilantro.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.8930435128834%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 264.17kcal (13.21%), Fat: 14.51g (22.32%), Saturated Fat: 5.7g (35.63%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 23.26g (8.46%), Sugar: 0.57g (0.63%), Cholesterol: 26.93mg (8.98%), Sodium: 328.65mg (14.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.05%), Calcium: 217.72mg (21.77%), Phosphorus: 203.99mg (20.4%), Zinc: 1.35mg (9.03%), Magnesium: 35.21mg (8.8%), Selenium: 5.5µg (7.86%), Vitamin E: 1.07mg (7.16%), Vitamin B2: 0.12mg (6.82%), Vitamin K: 6.94µg (6.61%), Fiber: 1.53g (6.13%), Vitamin B12: 0.35µg (5.81%), Folate: 18.45µg (4.61%), Vitamin B5: 0.41mg (4.07%), Vitamin A: 194.42IU (3.89%), Iron: 0.69mg (3.81%), Vitamin B1: 0.05mg (3.47%), Potassium: 121.43mg (3.47%), Vitamin B6: 0.07mg (3.41%), Vitamin B3: 0.57mg (2.88%), Copper: 0.05mg (2.34%), Manganese: 0.03mg (1.42%)