



## Spicy and Hot Corn Dip

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**30**

CALORIES



**38 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 tsp chili powder
- 2 cups regular corn frozen thawed drained well
- 8 oz philadelphia neufchatel cheese softened
- 1 Tbsp pickled jalapeño peppers finely chopped
- 0.5 cup milk four cheese shredded 2% mexican style kraft finely
- 1 large tomatoes chopped

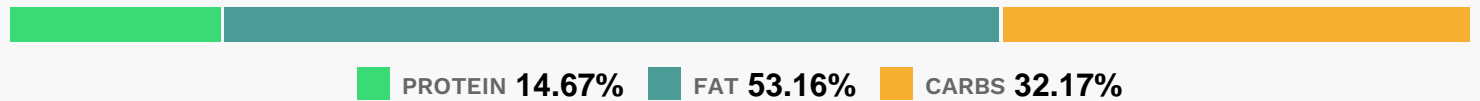
### Equipment

- oven

## Directions

- Heat oven to 350F.
- Mix all ingredients except chili powder until blended.
- Spread onto bottom of 9-inch pie plate sprayed with cooking spray; sprinkle with chili powder.
- Bake 20 min. or until dip is heated through and top is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:3.4, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.4052173965003%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 37.75kcal (1.89%), Fat: 2.36g (3.63%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 2.82g (1.03%), Sugar: 0.41g (0.46%), Cholesterol: 7.82mg (2.61%), Sodium: 54.98mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Phosphorus: 30.01mg (3%), Vitamin A: 132.92IU (2.66%), Vitamin B2: 0.04mg (2.59%), Vitamin C: 1.87mg (2.27%), Calcium: 22.32mg (2.23%), Vitamin B6: 0.04mg (1.97%), Folate: 7.21µg (1.8%), Potassium: 60.74mg (1.74%), Fiber: 0.39g (1.58%), Zinc: 0.22mg (1.48%), Magnesium: 5.48mg (1.37%), Manganese: 0.03mg (1.33%), Vitamin B3: 0.27mg (1.33%), Vitamin B1: 0.02mg (1.29%), Vitamin B12: 0.06µg (1.08%), Vitamin B5: 0.11mg (1.06%)