



## Spicy Corn Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



770 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 22 ounce corn mexican-style canned
- 7 ounce chilis diced green canned
- 4 spring onion chopped
- 3 jalapeno minced seeded
- 1 cup mayonnaise
- 1.3 cups cheddar cheese shredded
- 8 ounce cream sour




## Equipment

bowl

## Directions

In a medium bowl, mix together sour cream, mayonnaise, corn, green onions, jalapeno chile peppers, green chile peppers and cheese. Ready to serve!

## Nutrition Facts

 **PROTEIN 7.34%**  **FAT 78.22%**  **CARBS 14.44%**

## Properties

Glycemic Index:35.25, Glycemic Load:0.7, Inflammation Score:-7, Nutrition Score:17.63826078954%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

## Nutrients (% of daily need)

Calories: 769.83kcal (38.49%), Fat: 67.32g (103.57%), Saturated Fat: 19.43g (121.42%), Carbohydrates: 27.95g (9.32%), Net Carbohydrates: 26.5g (9.64%), Sugar: 3.08g (3.42%), Cholesterol: 92.28mg (30.76%), Sodium: 1057.47mg (45.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.44%), Vitamin K: 119.76µg (114.06%), Vitamin C: 34.84mg (42.23%), Calcium: 342.28mg (34.23%), Phosphorus: 293.14mg (29.31%), Folate: 96.14µg (24.04%), Vitamin A: 1038.81IU (20.78%), Selenium: 13.64µg (19.49%), Vitamin B2: 0.32mg (18.64%), Vitamin E: 2.76mg (18.39%), Zinc: 2.11mg (14.07%), Potassium: 405.36mg (11.58%), Magnesium: 38.88mg (9.72%), Vitamin B12: 0.56µg (9.34%), Vitamin B3: 1.8mg (8.98%), Vitamin B6: 0.16mg (8.15%), Iron: 1.42mg (7.89%), Manganese: 0.13mg (6.52%), Fiber: 1.45g (5.8%), Vitamin B5: 0.52mg (5.16%), Copper: 0.1mg (4.78%), Vitamin B1: 0.07mg (4.42%), Vitamin D: 0.32µg (2.16%)