



VELVEETA Southwestern Corn Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



28

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 oz regular corn with red and green bell peppers, drained canned
- 0.5 cup cilantro leaves finely chopped
- 0.5 cup knudsen cream sour
- 3 jalapeño peppers minced seeded
- 1 onion red finely chopped
- 16 oz velveeta cut into 1/2-inch cubes
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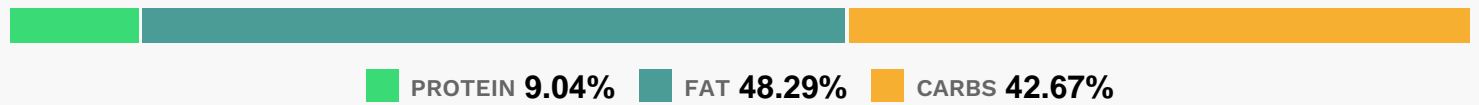
Equipment

- bowl
- microwave

Directions

- Mix VELVEETA and corn in large microwaveable bowl.
- Microwave on HIGH 5 min. or until VELVEETA is completely melted, stirring after 3 min. Stir in remaining ingredients.
- Serve with crackers or assorted cut-up fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:2.82, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:2.0317391435737%

Flavonoids

Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 14.55kcal (0.73%), Fat: 0.84g (1.3%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 1.68g (0.56%), Net Carbohydrates: 1.2g (0.43%), Sugar: 0.88g (0.98%), Cholesterol: 2.42mg (0.81%), Sodium: 2.28mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.71%), Vitamin C: 19.61mg (23.77%), Vitamin B6: 0.06mg (3.02%), Vitamin A: 133.33IU (2.67%), Vitamin K: 2.73µg (2.6%), Fiber: 0.48g (1.92%), Manganese: 0.04mg (1.79%), Potassium: 54.16mg (1.55%), Vitamin B1: 0.02mg (1.1%)