

# Walnut Corn Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



348 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon ground pepper
- 16 ounces cream cheese softened
- 2 teaspoons ground cumin
- 0.3 cup juice of lime
- 0.3 cup onion finely chopped
- 1 Dash pepper
- 0.5 teaspoon salt
- 12 servings tortilla chips

- 1 cup walnut pieces toasted chopped
- 8.8 ounces corn whole drained canned

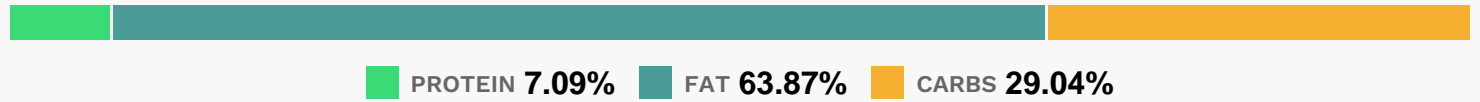
## Equipment

- bowl

## Directions

- In a large bowl, combine the cream cheese, lime juice, cumin, cayenne, salt and pepper. Stir in the corn, walnuts and onion. Refrigerate until serving.
- Serve with tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:11.92, Glycemic Load:0.81, Inflammation Score:-5, Nutrition Score:7.1386955769166%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Nutrients (% of daily need)

Calories: 348.09kcal (17.4%), Fat: 25.55g (39.31%), Saturated Fat: 9.08g (56.72%), Carbohydrates: 26.14g (8.71%), Net Carbohydrates: 23.82g (8.66%), Sugar: 2.18g (2.43%), Cholesterol: 38.18mg (12.73%), Sodium: 342.18mg (14.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.77%), Manganese: 0.37mg (18.47%), Phosphorus: 149.57mg (14.96%), Magnesium: 46.81mg (11.7%), Vitamin A: 552IU (11.04%), Copper: 0.2mg (10.09%), Vitamin E: 1.43mg (9.53%), Fiber: 2.32g (9.28%), Calcium: 81.37mg (8.14%), Vitamin B2: 0.13mg (7.53%), Selenium: 5.01µg (7.16%), Vitamin B6: 0.13mg (6.72%), Vitamin K: 7.06µg (6.72%), Zinc: 0.96mg (6.43%), Vitamin B5: 0.61mg (6.15%), Vitamin B1: 0.09mg (5.99%), Folate: 23.78µg (5.95%), Iron: 1.04mg (5.78%), Potassium: 187.99mg (5.37%), Vitamin C: 2.41mg (2.92%), Vitamin B3: 0.57mg (2.87%), Vitamin B12: 0.08µg (1.39%)