



Warm Mexican Corn Dip

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



7

CALORIES



598 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butter softened
- 28 ounce tomatoes diced with green chile peppers canned
- 16 ounce cream cheese softened
- 30.5 ounce regular corn white drained canned

Equipment

- slow cooker

Directions

- Combine the cream cheese, butter, corn, and tomatoes with green chile peppers in a slow cooker. Set the slow cooker to Low. Cook until the cream cheese and butter melt completely, about 1 hour.

Nutrition Facts

PROTEIN 5.88% **FAT 71.98%** **CARBS 22.14%**

Properties

Glycemic Index:11, Glycemic Load:0.98, Inflammation Score:-8, Nutrition Score:13.205217319986%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 598.4kcal (29.92%), Fat: 50.48g (77.66%), Saturated Fat: 30.02g (187.63%), Carbohydrates: 34.95g (11.65%), Net Carbohydrates: 30.48g (11.08%), Sugar: 14.7g (16.34%), Cholesterol: 135.17mg (45.06%), Sodium: 577.85mg (25.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.54%), Vitamin A: 1815.79IU (36.32%), Vitamin C: 18.2mg (22.07%), Phosphorus: 212.3mg (21.23%), Manganese: 0.36mg (17.94%), Fiber: 4.47g (17.88%), Potassium: 617.78mg (17.65%), Vitamin B2: 0.29mg (16.94%), Vitamin B6: 0.32mg (16%), Vitamin B3: 2.94mg (14.69%), Vitamin B5: 1.46mg (14.64%), Vitamin E: 2.19mg (14.61%), Magnesium: 57.25mg (14.31%), Vitamin B1: 0.18mg (11.91%), Calcium: 108.26mg (10.83%), Iron: 1.86mg (10.32%), Folate: 40.58µg (10.15%), Selenium: 7µg (10%), Copper: 0.16mg (8.02%), Zinc: 1.18mg (7.86%), Vitamin K: 7.41µg (7.06%), Vitamin B12: 0.2µg (3.29%)