

Green Chili and Corn Dip

Jackie Plant

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Yield: 4 1/2 cups

1 jar (16-17.6 ounce) mild salsa verde

1 1/2 cups frozen corn kernels

1 small sweet onion, finely chopped

2 cloves garlic, minced

2 teaspoons ground cumin

1 package (8 ounce) Neufchatel cheese, softened

1 cup reduced-fat Monterey Jack cheese, shredded

1 tomato, diced

1/2 cup fresh cilantro, chopped
tortilla chips

Preparation Time: 15 minutes

Slow Cooker: 2 hours 30 minutes

Coat the bowl of a slow cooker with nonstick cooking spray.

In the slow cooker, combine the salsa verde, corn, onion, garlic and cumin. Add the Neufchatel cheese. Mix to combine.

Cover and cook on HIGH for 2-1/4 hours.

Stir in the Monterey Jack cheese, tomato and cilantro.

Cover and cook for 15 minutes longer.

Serve with the tortilla chips.

Per Serving (excluding unknown items): 605 Calories; 30g Fat (41.2% calories from fat); 22g Protein; 74g Carbohydrate; 10g Dietary Fiber; 86mg Cholesterol; 487mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 1/2 Lean Meat; 3 Vegetable; 3 1/2 Fat.

Appetizers, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	605	Vitamin B6 (mg):	.8mg
% Calories from Fat:	41.2%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	45.1%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	13.6%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	30g	Folacin (mcg):	146mcg
Saturated Fat (g):	17g	Niacin (mg):	6mg
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	2g
Cholesterol (mg):	86mg
Carbohydrate (g):	74g
Dietary Fiber (g):	10g
Protein (g):	22g
Sodium (mg):	487mg
Potassium (mg):	1231mg
Calcium (mg):	177mg
Iron (mg):	5mg
Zinc (mg):	2mg
Vitamin C (mg):	51mg
Vitamin A (i.u.):	2623IU
Vitamin A (r.e.):	519RE

Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

Grain (Starch):	3 1/2
Lean Meat:	1 1/2
Vegetable:	3
Fruit:	0
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 605 **Calories from Fat:** 249

% Daily Values*

Total Fat 30g	46%
Saturated Fat 17g	86%
Cholesterol 86mg	29%
Sodium 487mg	20%
Total Carbohydrates 74g	25%
Dietary Fiber 10g	40%
Protein 22g	
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Vitamin A	52%
Vitamin C	86%
Calcium	18%
Iron	28%

* Percent Daily Values are based on a 2000 calorie diet.