

Cheesy Mexican Corn Dip

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/cheesy-mexican-corn-recipe>

Ingredients:

- 2 ears corn about 2 cups corn kernels
- 1 1/2 cups sharp cheddar cheese grated
- 1/2 cup sour cream
- 1/3 cup mayonnaise
- 1/2 cup red onion finely chopped
- 1/4 cup pickled jalapeno pepper finely chopped hot or mild, slices
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne pepper optional
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper fresh
- 3 dashes green Tabasco sauce to taste

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 50 milligrams
4. Fat: 21 grams
5. Fiber: 1 grams
6. Protein: 9 grams
7. SaturatedFat: 11 grams
8. Sodium: 570 milligrams
9. Sugar: 3 grams

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