

Creamy Cool Corn Dip

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/corn-dip-recipes>

Ingredients:

- 33 ounces corn mexi or fiesta, drained, The kind that has peppers added to it
- 3 green onions diced
- 1/3 cup light mayonnaise
- 1/3 cup light sour cream
- 1 tablespoon lime juice
- 1 teaspoon garlic salt
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1 teaspoon sugar
- corn chips Frito scoops or other

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 15 milligrams
4. Fat: 11 grams
5. Fiber: 8 grams
6. Protein: 8 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 190 milligrams
9. Sugar: 9 grams

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