

# Jen's Mexicorn Dip

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/cowboy-mexican-dip-recipe>

## Ingredients:

- 2 cans mexicorn 11 Oz. Can, Drained
- 1 can green chiles 4 Oz. Can Chopped
- 1 whole bell pepper Chopped
- 3 whole green onions Chopped
- 2 whole jalapenos Chopped, without Seeds
- 8 ounces shredded cheddar cheese weight
- 1 cup sour cream
- 1 cup mayonnaise
- 8 ounces cream cheese softened
- 15 1/2 ounces chili Buses, Starter Beans
- 1 jar salsa 8-12 oz
- 1 1/2 cups grated cheese Choice, Cheddar, Colby Jack, etc...

## Nutrition:

1. Calories: 920 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 190 milligrams
4. Fat: 77 grams
5. Fiber: 2 grams
6. Protein: 30 grams
7. SaturatedFat: 35 grams
8. Sodium: 1690 milligrams
9. Sugar: 11 grams

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