

Mexican Corn Casserole

Yield: 8 min
Total Time: 35 min

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

Ingredients:

- 8 ounces cream cheese cut into large cubes
- 1/2 cup butter cut into cubes
- 15 ounces black beans drained
- 2 Roma tomatoes diced
- 20 ounces corn kernels canned, frozen or cut from cob
- 2/3 cup cheese Sargento® Shredded 4, Mexican
- 1/2 cup shredded extra sharp cheddar cheese Sargento®
- 1/2 cup jalapeño peppers diced, seeds removed, optional
- salt
- pepper
- cumin
- onion powder
- garlic powder

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 90 milligrams
4. Fat: 28 grams
5. Fiber: 5 grams
6. Protein: 26 grams
7. SaturatedFat: 17 grams
8. Sodium: 1500 milligrams
9. Sugar: 7 grams

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