

Healthy Mexican Street Corn Salad

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 6 ears fresh corn
- 1 jalapeno
- 1/4 cup red onion diced
- 1/4 cup fresh cilantro chopped
- 1/4 cup cotija cheese or parmesan cheese
- 2 tablespoons olive oil
- 2 tablespoons lime juice juice from one lime
- 1/4 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- 1/8 teaspoon ground cayenne pepper optional

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 15 milligrams
4. Fat: 11 grams
5. Protein: 5 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 320 milligrams
8. Sugar: 1 grams

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