

# Hot Mexican Street Corn Dip

Yield: 7 min  
Total Time: 25 min

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

## Ingredients:

- 16 ounces low fat cream cheese softened
- 1/2 cup sour cream
- 2 cloves garlic minced
- 2 tablespoons Franks Redhot Sauce or your favorite wing sauce
- 1 lime about 2 tablespoons
- 2 cups shredded pepper jack cheese divided
- 30 ounces corn fully drained and rinsed
- 4 ounces low-fat feta cheese
- 1 jalapeno pepper chopped, leave the seeds in for extra spice, or remove the seeds for a milder flavor
- 2 tablespoons red onion chopped
- 1/2 cup fresh cilantro chopped
- chips Your favorite, I love Food Should Taste Good Blue Corn Tortilla Chips for serving!

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 70 milligrams
4. Fat: 25 grams
5. Fiber: 4 grams
6. Protein: 17 grams
7. SaturatedFat: 14 grams
8. Sodium: 530 milligrams
9. Sugar: 9 grams

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