

Mexican Corn and Black Bean Salad

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-corn-recipe-without-cheese>

Ingredients:

- 4 ears corn Shucked
- 1/2 cup red onion Diced
- 1 can black beans Drained and rinsed
- 1/2 cup cherry tomatoes Cut in half
- 3 tablespoons butter Melted
- 2 tablespoons lime juice About 1 lime
- 1 tablespoon taco seasoning
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 2 tablespoons cilantro For garnish, optional.

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 25 milligrams
4. Fat: 9 grams
5. Fiber: 8 grams
6. Protein: 7 grams
7. SaturatedFat: 5 grams
8. Sodium: 830 milligrams
9. Sugar: 2 grams

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