

# Mexican Charred Corn Salad

Yield: 5 min  
Total Time: 15 min

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

## Ingredients:

- 4 corn fresh cobs of
- 1 cup cilantro
- 1 jalapeno seeded, ribs removed and diced small
- 1 lime
- 3 tablespoons olive oil
- 2 teaspoons sugar
- salt
- pepper

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 17 grams
3. Fat: 9 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 170 milligrams
8. Sugar: 4 grams

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