

# Mexican Corn Dip

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-mexican-corn-mith-may-lime-cilantro>

## Ingredients:

- 2 tablespoons unsalted butter
- 5 ears corn shucked and rinsed
- 1 jalapeño seeded and diced
- 3 tablespoons mayonnaise
- 2 tablespoons cotija cheese crumbled
- 2 tablespoons cilantro leaves chopped fresh
- 1 teaspoon chili powder or more, to taste
- 1 clove garlic pressed
- 1 lime

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 25 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 5 grams
8. Sodium: 170 milligrams
9. Sugar: 1 grams

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