

Mexican Corn

Yield: 5 min
Total Time: 25 min

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

Ingredients:

- 3 tablespoons butter
- 1 ounce frozen corn kernels
- 1 red bell pepper medium, ribs removed and chopped
- 1 zucchini large, chopped
- 2 whole green onions chopped
- 1 chili medium jalapeño, seeded and chopped
- 1/2 cup salsa bottled
- 2 tablespoons chopped cilantro freshly
- ground black pepper
- salt

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 20 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 400 milligrams
9. Sugar: 3 grams

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