

Mexican Corn and Avocado Salad

Yield: 8 min
Total Time: 25 min

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

Ingredients:

- 1/4 cup vegetable oil
- 2 tablespoons chipotles in adobo sauce
- 1 tablespoon lime juice
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon black pepper coarse
- 6 ears corn on-the-cob, cooked
- 2 avocados ripe, peeled, pitted and cut into 1-inch pieces
- 1 red pepper medium, seeded and chopped
- 2 tablespoons chopped cilantro

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 8 grams
3. Fat: 15 grams
4. Fiber: 4 grams
5. Protein: 1 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1070 milligrams
8. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Mexican Corn and Avocado Salad above. You can see more 18 mexican corn avocado salad recipe Experience flavor like never before! to get more great cooking ideas.