

Corny Mexican Salad

Yield: 9 min
Total Time: 15 min

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

Ingredients:

- 2 cans black beans 15 ounces each, rinsed and drained
- 11 ounces mexicorn drained
- 1 tomatoes medium, chopped
- 1 avocado medium ripe, peeled and cubed
- 1/2 cup chopped onion
- 1/2 cup vegetable oil
- 1/4 cup red wine vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon hot pepper sauce
- tortilla chips

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 28 grams
3. Fat: 16 grams
4. Fiber: 9 grams
5. Protein: 7 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 630 milligrams
8. Sugar: 1 grams

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