

# Elote en Vaso (Corn in a Cup)

Yield: 12 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/white-cheese-dip-at-mexican-restuarants-recipe>

## Ingredients:

- 10 corn ears of, shucked and cut from the cob
- 2 tablespoons butter per serving
- 1/4 cup lime juice per serving
- 1/4 cup crema mexicana per serving
- 2 tablespoons white cheese crumbly, salty, ideally cotija but parmesan is acceptable, per serving
- chili powder
- hot sauce Valentina
- lime wedges for garnish, optional
- salt to taste

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 10 milligrams
4. Fat: 3.5 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. SaturatedFat: 2 grams
8. Sodium: 120 milligrams
9. Sugar: 2 grams

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