

# Mexican Corn Cups (Esquites)

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-corn-on-the-grill>

## Ingredients:

- 1 teaspoon vegetable oil for brushing the grill
- 4 ears corn husked, or 3 cups of frozen corn
- 1/4 cup mayonnaise
- 2 teaspoons lime juice plus extra lime wedges for serving if desired
- 1 teaspoon chili powder plus extra for sprinkling, ancho, chipotle, your favourite mix
- salt to taste, omit if using Feta cheese
- 1/2 cup Cotija cheese crumbled, Substitute: Feta
- 1 tablespoon cilantro finely chopped, for garnish, if desired, optional

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 35 milligrams
4. Fat: 14 grams
5. Protein: 9 grams
6. SaturatedFat: 6 grams
7. Sodium: 650 milligrams
8. Sugar: 1 grams

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