

# Grilled Corn Salad

Yield: 7 min  
Total Time: 60 min

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

## Ingredients:

- 4 sweet corn ears fresh, do not shuck
- 1/2 cup red onion chopped
- 1/2 cup chopped fresh cilantro
- 1 cup chopped tomatoes
- 1 jalapeno pepper seeds removed and diced
- 2 avocados seed removed and chopped
- 3 tablespoons fresh lime juice
- salt and pepper, to taste

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 17 grams
3. Fat: 9 grams
4. Fiber: 6 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 125 milligrams
8. Sugar: 3 grams

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