

Key Lime Grilled Corn Guacamole

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-key-lime-recipe>

Ingredients:

- 1 ear fresh corn
- olive oil
- 1 avocado medium-large ripe
- 1 tablespoon brown onion finely chopped
- 1 tablespoon chopped fresh cilantro finely
- 3 key limes
- garlic salt
- sea salt
- cayenne pepper

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 31 grams
3. Fat: 26 grams
4. Fiber: 13 grams
5. Protein: 4 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 400 milligrams
8. Sugar: 5 grams

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