

# BJ's Hot Corn Dip

Yield: 20 min  
Total Time: 85 min

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

## Ingredients:

- cooking spray
- 14 ounces yellow corn whole, drained
- 14 ounces white corn whole mixed yellow and, drained
- 14 ounces white shoepeg corn drained
- 28 ounces diced tomatoes and green chilies Mexican-style, with cilantro and lime juice, such as RO\*TEL®, drained
- 8 ounces cream cheese softened
- 1 cup mayonnaise real
- 1 cup sour cream
- 2 tablespoons chile garlic sauce such as Sriracha®, or to taste
- 2 ounces taco seasoning mix such as Old El Paso®
- 1 lime juiced
- 1/2 cup red onion chopped, or to taste
- 1 bunch green onions thin, chopped
- 1/2 cup chopped fresh cilantro or to taste
- 1 jalapeno pepper minced, more if you want is spicier
- 1 1/2 cups shredded cheddar cheese
- 1 1/2 cups shredded Mexican style cheese blend
- 1 teaspoon kosher salt optional

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 30 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 6 grams
7. SaturatedFat: 6 grams
8. Sodium: 570 milligrams

9. Sugar: 6 grams

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