

# Mexican Street Corn in a Cup

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-quick-mexican-street-corn-in-a-cup>

## Ingredients:

- 4 corn Cobs of, To yield approximately 2 cups of corn kernels
- 1/4 cup light mayonnaise
- 1/4 cup greek yogurt Non-fat, or light sour cream
- 1 tablespoon lime juice
- 2 garlic cloves pressed
- 1/8 teaspoon cayenne pepper
- 1/2 cup feta cheese Light, crumbled or cojita cheese
- chopped parsley or cilantro optional garnish
- salt
- pepper

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 25 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 6 grams
7. SaturatedFat: 4 grams
8. Sodium: 530 milligrams
9. Sugar: 5 grams

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