

Mexican Street Corn Salad (esquites)

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 2 tablespoons olive oil
- 16 ounces yellow corn frozen
- 3 tablespoons mayonnaise
- 2 tablespoons sour cream
- 3 ounces Cotija cheese
- 1/4 cup cilantro leaves fresh, finely chopped
- 2 tablespoons fresh lime juice
- 2 tablespoons red onion finely chopped
- 2 cloves garlic minced
- 1/2 teaspoon chili powder

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 30 milligrams
4. Fat: 19 grams
5. Fiber: 4 grams
6. Protein: 11 grams
7. SaturatedFat: 6 grams
8. Sodium: 360 milligrams
9. Sugar: 5 grams

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