

# Mexican Street Corn Salad With Avocado

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 1 avocado
- 2 cups corn
- 1 jalapeno
- 1/3 cup red onion
- 3 teaspoons lime juice
- 2 1/2 tablespoons cream or mayonnaise
- 1/2 teaspoon chile powder or cayenne pepper
- salt
- pepper
- 1 teaspoon garlic powder
- 2 1/2 tablespoons olive oil
- 3 ounces Cotija cheese

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 30 milligrams
4. Fat: 25 grams
5. Fiber: 7 grams
6. Protein: 11 grams
7. SaturatedFat: 7 grams
8. Sodium: 470 milligrams
9. Sugar: 4 grams

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