

Corn Dip

Yield: 8 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/substitute-for-corn-in-mexican-recipe>

Ingredients:

- 15 ounces corn any color, white, yellow, etc, drained
- 22 ounces mexicorn 2 11oz cans drained. Can also use southwest corn
- 1 cup sour cream
- 1 cup mayonnaise
- 1 green onions bundle, chopped
- 2 cups cheese shredded or grated, any flavor you prefer
- tortilla chips for dipping

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 50 milligrams
4. Fat: 27 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 11 grams
8. Sodium: 700 milligrams
9. Sugar: 5 grams

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