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Mexican Street Corn ♦♦

Mexican street corn, also known as elote, is a popular street food in Mexico. It is made by grilling corn on the cob and then slathering it with a mixture of mayonnaise, sour cream, lime juice, and spices. The corn is then sprinkled with crumbled cotija cheese and chopped cilantro. It is typically served on a stick or in a cup and enjoyed as a savory and tangy snack.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

4 pieces	corn on the cob
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4 tbsp	mayonnaise
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4 tbsp	sour cream
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2 tbsp	Lime juice
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1 tsp	Chili powder
4 tbsp	Cotija Cheese
4 tbsp	Cilantro

Directions

Step 1

Preheating

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

Grill the corn on the cob for about 10-12 minutes, turning occasionally, until it is charred and cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Mixing

In a small bowl, mix together the mayonnaise, sour cream, lime juice, and chili powder.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Brushing

Brush the grilled corn with the mayonnaise mixture, making sure to coat all sides.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Sprinkling

Sprinkle the corn with crumbled cotija cheese and chopped cilantro.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Serving

Serve the Mexican street corn hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 156 kcal

Fat: 10 g

Protein: 3 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	8 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	6 iu	0.67%	0.86%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	158 mg	6.87%	6.87%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%
Potassium	135 mg	3.97%	5.19%
Zinc	0 mg	0%	0%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Cuisines

Mexican

Events

Game Day

Course

Breads

Snacks

Sauces & Dressings

Healthy For

Hepatitis

Gastroesophageal reflux disease (GERD)

Cooking Method

Frying

Baking

Cut

Cutting

Serving

Cooking

None

Stir-frying

Preheating

Sprinkling

Refrigerating

Preparation

Oven

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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