



Instant Pot Mexican Corn on the Cob



1/4th of recipe (1 ear): 124 calories, 3g total fat (1g sat. fat), 219mg sodium, 20.5g carbs, 2g fiber, 7.5g sugars, 5.5g protein

[Click for WW Points® value*](#)

Prep: 5 minutes **Cook:** 20 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#), [Gluten-Free](#)

Ingredients

4 medium ears of corn, husks removed
4 wedges The Laughing Cow Light Creamy Swiss Cheese (or 1/4 cup light/reduced-fat cream cheese)
1 tsp. taco seasoning
Optional topping: chopped fresh cilantro

Directions

Add 2 cups of water to an Instant Pot. Place [a stainless-steel steamer basket](#) inside the pot.

Place corn in the basket and seal with lid. Press Manual/Pressure Cook, and set time for 2 minutes. (Instant Pot will preheat for about 15 minutes.)

Once cooked, press Keep Warm/Cancel. Vent to release steam. (Careful. It's hot!)

Spread cheese onto corn, and sprinkle with taco seasoning.

MAKES 4 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.