



Baked Corn on the Cob with Herbs

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



80 kcal

SIDE DISH

Ingredients

- 4 ears corn
- 1 serving pam original flavor shopping list
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 20 sprigs basil fresh

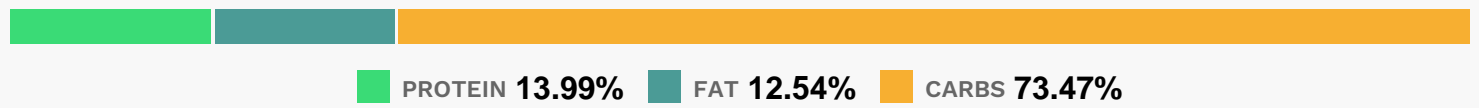
Equipment

- oven
- aluminum foil

Directions

- Heat oven to 450°. Husk corn and remove silk.
- Place each ear on 12-inch square of aluminum foil. Spray cooking spray on all sides of ears.
- Sprinkle with salt and pepper.
- Place 5 or 6 herb sprigs around each ear. Seal foil.
- Place sealed ears of corn directly on oven rack.
- Bake about 20 minutes or until corn is tender.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:7.4400000157564%

Nutrients (% of daily need)

Calories: 80.05kcal (4%), Fat: 1.3g (2%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 15.16g (5.51%), Sugar: 5.66g (6.29%), Cholesterol: 0mg (0%), Sodium: 159.27mg (6.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.53%), Vitamin K: 41.87µg (39.88%), Vitamin A: 696.14IU (13.92%), Manganese: 0.27mg (13.49%), Folate: 44.61µg (11.15%), Magnesium: 39.81mg (9.95%), Vitamin C: 7.92mg (9.6%), Vitamin B1: 0.14mg (9.53%), Phosphorus: 85.8mg (8.58%), Vitamin B3: 1.68mg (8.42%), Fiber: 1.98g (7.9%), Potassium: 273.36mg (7.81%), Vitamin B5: 0.67mg (6.67%), Vitamin B6: 0.1mg (4.97%), Iron: 0.79mg (4.4%), Copper: 0.09mg (4.4%), Vitamin B2: 0.06mg (3.37%), Zinc: 0.5mg (3.31%), Calcium: 19.87mg (1.99%)