



Basic Grilled Sweet Corn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



107 kcal

SIDE DISH

Ingredients



4 ears corn fresh sweet



1 tablespoon vegetable oil

Equipment

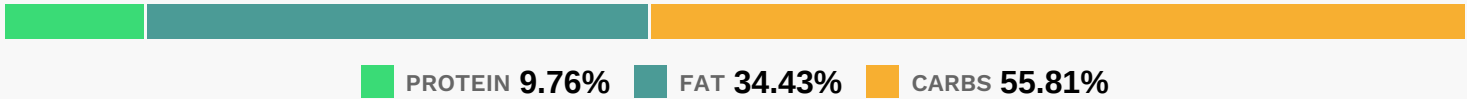


grill

Directions

- ☐
- Heat a gas or charcoal grill to medium (about 350°F). Meanwhile, remove all husks and silk from corn.
- ☐
- Drizzle cobs with oil and season on all sides with salt and freshly ground black pepper.Grill corn uncovered, turning occasionally, until lightly charred and kernels are tender, about 20 to 30 minutes.
- ☐
- Remove from the grill and serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.6117390938427%

Nutrients (% of daily need)

Calories: 107.46kcal (5.37%), Fat: 4.61g (7.1%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 15.03g (5.47%), Sugar: 5.63g (6.26%), Cholesterol: 0mg (0%), Sodium: 13.5mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.89%), Folate: 37.8µg (9.45%), Vitamin B1: 0.14mg (9.3%), Magnesium: 33.3mg (8.32%), Phosphorus: 80.1mg (8.01%), Vitamin B3: 1.59mg (7.97%), Vitamin C: 6.12mg (7.42%), Manganese: 0.15mg (7.33%), Fiber: 1.8g (7.2%), Potassium: 243mg (6.94%), Vitamin B5: 0.65mg (6.45%), Vitamin K: 6.52µg (6.21%), Vitamin B6: 0.08mg (4.18%), Vitamin A: 168.3IU (3.37%), Vitamin B2: 0.05mg (2.91%), Zinc: 0.41mg (2.76%), Iron: 0.47mg (2.6%), Copper: 0.05mg (2.43%), Vitamin E: 0.34mg (2.27%)