



## Basil-Wrapped Corn on the Cob

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



96 kcal

SIDE DISH

### Ingredients

- 4 ears corn fresh
- 24 large basil leaves fresh
- 2 teaspoons butter melted reduced-calorie
- 0.3 teaspoon pepper freshly ground
- 0.3 teaspoon salt

### Equipment

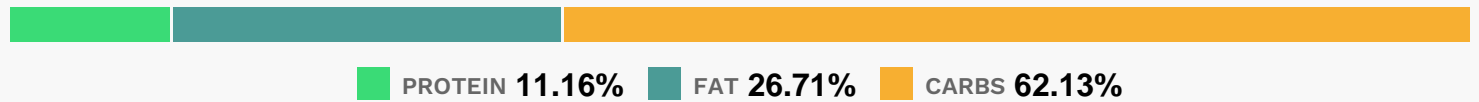
- bowl
- baking sheet

- oven
- aluminum foil

## Directions

- Remove husks and silk from corn.
- Combine margarine, salt, and pepper in a small bowl, stirring well.
- Brush margarine mixture over corn.
- Place each ear on a piece of heavy-duty aluminum foil.
- Place 3 basil leaves under each ear of corn and 3 leaves over each ear.
- Roll foil lengthwise around each ear; twist at ends to seal.
- Place foil-wrapped corn on a baking sheet.
- Bake at 450 for 15 minutes or until tender.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:5.2086955972988%

## Nutrients (% of daily need)

Calories: 96.24kcal (4.81%), Fat: 3.25g (5%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 15.13g (5.5%), Sugar: 5.64g (6.27%), Cholesterol: 0mg (0%), Sodium: 182.54mg (7.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.11%), Vitamin K: 10.43µg (9.94%), Folate: 39.48µg (9.87%), Manganese: 0.19mg (9.53%), Vitamin B1: 0.14mg (9.38%), Magnesium: 35.13mg (8.78%), Phosphorus: 82.22mg (8.22%), Vitamin B3: 1.62mg (8.08%), Vitamin C: 6.56mg (7.95%), Vitamin A: 385.01IU (7.7%), Fiber: 1.87g (7.48%), Potassium: 252.82mg (7.22%), Vitamin B5: 0.65mg (6.54%), Vitamin B6: 0.09mg (4.4%), Iron: 0.56mg (3.1%), Vitamin B2: 0.05mg (3.09%), Copper: 0.06mg (2.98%), Zinc: 0.44mg (2.9%), Vitamin E: 0.16mg (1.07%)