



Cajun-Grilled Corn on the Cob

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 0.3 teaspoon thyme leaves dried
- 4 ears corn with husks
- 0.8 teaspoon garlic powder
- 0.1 teaspoon ground pepper red
- 0.8 teaspoon onion powder
- 1 teaspoon oregano dried
- 1 teaspoon paprika

- 0.5 teaspoon salt
- 2 teaspoons stick margarine melted

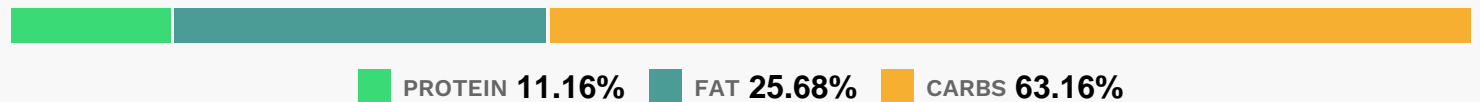
Equipment

- bowl
- grill

Directions

- Prepare grill.
- Combine first 8 ingredients in a small bowl; set aside.
- Pull husks back from corn, and scrub silks.
- Brush butter over corn; sprinkle with spice mixture.
- Place corn on grill rack; grill 12 minutes or until done, turning occasionally.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:5.6686956846844%

Nutrients (% of daily need)

Calories: 101.68kcal (5.08%), Fat: 3.31g (5.1%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 18.33g (6.11%), Net Carbohydrates: 15.96g (5.8%), Sugar: 5.75g (6.39%), Cholesterol: 0mg (0%), Sodium: 328.58mg (14.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Vitamin A: 540.29IU (10.81%), Manganese: 0.21mg (10.64%), Folate: 40.02µg (10%), Vitamin B1: 0.15mg (9.81%), Fiber: 2.37g (9.47%), Magnesium: 36.92mg (9.23%), Phosphorus: 87.02mg (8.7%), Vitamin B3: 1.68mg (8.41%), Potassium: 275.63mg (7.88%), Vitamin C: 6.31mg (7.65%), Vitamin B5: 0.67mg (6.73%), Vitamin B6: 0.11mg (5.7%), Iron: 0.9mg (5%), Vitamin K: 5.12µg (4.88%), Vitamin B2: 0.06mg (3.61%), Zinc: 0.49mg (3.26%), Copper: 0.06mg (3.16%), Vitamin E: 0.41mg (2.7%), Calcium: 15.56mg (1.56%), Selenium: 0.8µg (1.14%)