



Charred Corn on the Cob

 Vegetarian  Gluten Free

READY IN



505 min.

SERVINGS



5

CALORIES



752 kcal

SIDE DISH

Ingredients

- 5 tablespoons butter
- 6 cups coconut milk
- 5 ears corn husked
- 2 tablespoons honey
- 0.5 cup milk
- 1 tablespoon salt

Equipment

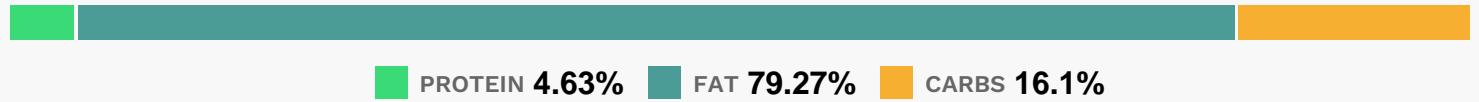
- grill

skewers

Directions

- Stir together the honey, salt, milk, coconut milk, and melted butter.
- Add the corn, cover, and refrigerate overnight.
- Preheat a charcoal grill for medium heat.
- Remove corn from marinade and place each one on a skewer. Grill for 10 to 15 minutes until partially charred, baste occasionally with the coconut marinade as you grill.
- Serve with 1 tablespoon of butter per ear.

Nutrition Facts



Properties

Glycemic Index:47.45, Glycemic Load:11.44, Inflammation Score:-7, Nutrition Score:18.50478251084%

Nutrients (% of daily need)

Calories: 752.22kcal (37.61%), Fat: 71.2g (109.53%), Saturated Fat: 59.24g (370.25%), Carbohydrates: 32.52g (10.84%), Net Carbohydrates: 30.7g (11.16%), Sugar: 13.71g (15.24%), Cholesterol: 33.03mg (11.01%), Sodium: 1543.67mg (67.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.73%), Manganese: 2.24mg (112.04%), Iron: 9.47mg (52.6%), Magnesium: 161.46mg (40.37%), Phosphorus: 368.79mg (36.88%), Copper: 0.66mg (32.89%), Potassium: 884.26mg (25.26%), Folate: 76.36µg (19.09%), Vitamin B3: 3.36mg (16.81%), Vitamin B1: 0.21mg (14.24%), Zinc: 2.07mg (13.78%), Vitamin B5: 1.17mg (11.72%), Vitamin A: 557.69IU (11.15%), Vitamin C: 8.87mg (10.76%), Vitamin B6: 0.18mg (8.85%), Calcium: 85.36mg (8.54%), Fiber: 1.82g (7.27%), Vitamin B2: 0.09mg (5.36%), Vitamin E: 0.4mg (2.67%), Vitamin B12: 0.16µg (2.59%), Vitamin D: 0.27µg (1.79%), Selenium: 1.21µg (1.73%), Vitamin K: 1.32µg (1.26%)