



Cheese on the Cob

 Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



315 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 5 servings chili powder
- 5 ears corn
- 0.5 cup mayonnaise
- 1 cup parmesan shredded
- 1 teaspoon salt

Equipment

- grill

aluminum foil

Directions

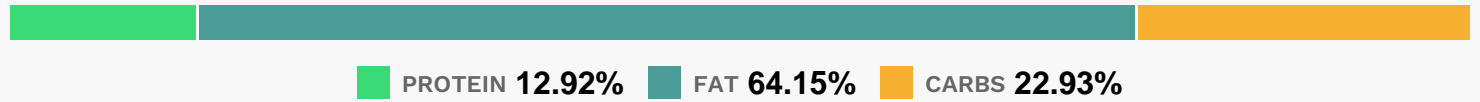
Prepare grill.

Brush a thin layer of mayonnaise on corn.

Sprinkle the corn with cheese, chili powder, salt and pepper. Wrap each corn with foil and place on the grill. Turn occasionally and cook for about 10 minutes (until kernels begin to brown).

Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:10.886087096256%

Nutrients (% of daily need)

Calories: 314.76kcal (15.74%), Fat: 23.43g (36.05%), Saturated Fat: 6.25g (39.06%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 16.25g (5.91%), Sugar: 6.07g (6.74%), Cholesterol: 23.01mg (7.67%), Sodium: 974.12mg (42.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.62g (21.24%), Vitamin K: 39.89µg (37.99%), Calcium: 249.05mg (24.91%), Phosphorus: 230.24mg (23.02%), Vitamin A: 934.25IU (18.68%), Manganese: 0.24mg (11.92%), Magnesium: 46mg (11.5%), Vitamin E: 1.61mg (10.72%), Fiber: 2.6g (10.39%), Vitamin B1: 0.16mg (10.33%), Folate: 40.95µg (10.24%), Vitamin B3: 1.88mg (9.42%), Potassium: 310.29mg (8.87%), Selenium: 5.98µg (8.55%), Vitamin B2: 0.14mg (8.22%), Vitamin B5: 0.8mg (7.98%), Vitamin C: 6.13mg (7.44%), Vitamin B6: 0.15mg (7.34%), Zinc: 1.09mg (7.26%), Iron: 1.07mg (5.93%), Vitamin B12: 0.27µg (4.45%), Copper: 0.08mg (4.25%)