



Chili Lime Grilled Corn



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



130 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 servings pepper black freshly ground to taste
- ☐ 4 tablespoons butter
- ☐ 1 teaspoon ground chili powder
- ☐ 8 ears corn fresh
- ☐ 1 juice of lime
- ☐ 8 servings garnish: lime wedges
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 8 servings sea salt to taste

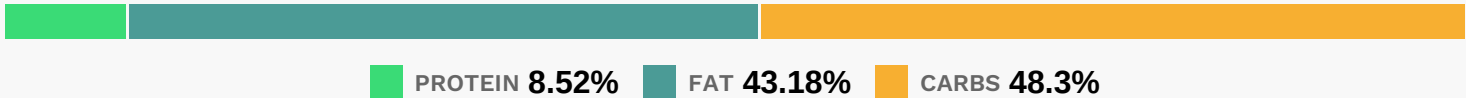
Equipment

☐ grill

Directions

- ☐ Soak corn in cold water for 10 to 15 minutes. Melt butter over medium heat; stir in lime juice, chili powder, and red pepper.
- ☐ Remove corn from water, and gently pull back husks; remove silks.
- ☐ Brush corn with butter mixture. Pull back husks over kernels, twisting tops to secure husks. Grill corn, uncovered, at medium-high 25 to 30 minutes, turning several times to cook evenly on all sides. (The outside of corn husks will be charred.) To serve, pull back husks and tie together with a piece of the husk to form a handle for the corn. Season with sea salt and black pepper; serve hot.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:5.021304310016%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 130.14kcal (6.51%), Fat: 6.95g (10.7%), Saturated Fat: 3.9g (24.39%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 15.51g (5.64%), Sugar: 5.75g (6.38%), Cholesterol: 15.05mg (5.02%), Sodium: 258.57mg (11.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Folate: 38.59µg (9.65%), Vitamin B1: 0.14mg (9.48%), Vitamin A: 457.34IU (9.15%), Vitamin C: 7.54mg (9.14%), Magnesium: 34.53mg (8.63%), Phosphorus: 83.77mg (8.38%), Manganese: 0.17mg (8.35%), Vitamin B3: 1.65mg (8.24%), Fiber: 2g (8%), Potassium: 258.77mg (7.39%), Vitamin B5: 0.66mg (6.65%), Vitamin B6: 0.09mg (4.7%), Vitamin B2: 0.06mg (3.31%), Iron: 0.56mg (3.08%), Zinc: 0.44mg (2.95%), Copper: 0.06mg (2.77%), Vitamin E: 0.38mg (2.53%), Vitamin K: 1.35µg (1.28%)