



# Chili Powder and Cumin-Rubbed Corn on the Cob

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



105 kcal

SIDE DISH

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 tablespoons butter melted
- 1 teaspoon chili powder
- 6 ears corn with husks
- 0.5 teaspoon ground cumin
- 0.1 teaspoon ground pepper red
- 6 servings lime wedges

0.5 teaspoon salt

## Equipment

bowl

grill

## Directions

Prepare grill.

Place corn in cold water, and soak for 20 minutes.

Combine butter and next 5 ingredients (through red pepper) in a small bowl; set aside.

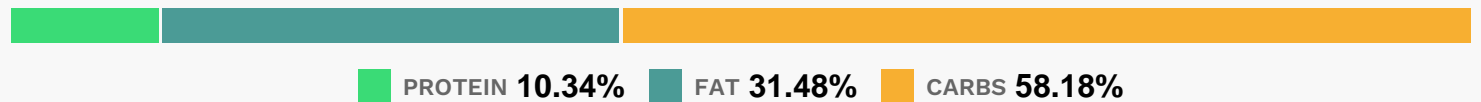
Pull husks back from corn; scrub silks from corn.

Brush butter mixture evenly over corn. Wrap husks around corn.

Place on a grill rack, and grill 16 minutes or until done, turning occasionally.

Serve with lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:25.17, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:4.8617391136029%

## Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

## Nutrients (% of daily need)

Calories: 104.7kcal (5.24%), Fat: 4.15g (6.38%), Saturated Fat: 2.11g (13.16%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 15.26g (5.55%), Sugar: 5.69g (6.32%), Cholesterol: 7.53mg (2.51%), Sodium: 235.59mg (10.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Folate: 38.15µg (9.54%), Vitamin B1: 0.14mg (9.47%), Magnesium: 34.75mg (8.69%), Manganese: 0.17mg (8.5%), Phosphorus: 83.21mg (8.32%), Vitamin B3: 1.65mg (8.24%), Fiber: 1.99g (7.98%), Vitamin C: 6.46mg (7.83%), Vitamin A: 375.01IU (7.5%), Potassium: 256.33mg (7.32%), Vitamin B5: 0.66mg (6.55%), Vitamin B6: 0.09mg (4.66%), Iron: 0.66mg (3.64%), Vitamin B2: 0.06mg (3.24%), Zinc: 0.44mg (2.95%), Copper: 0.06mg (2.77%), Vitamin E: 0.29mg (1.95%)