



Chili-Roasted Corn



Vegetarian



Gluten Free

READY IN



28 min.

SERVINGS



6

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons butter melted
- ☐ 0.5 teaspoon chili powder
- ☐ 3 ears shucked corn
- ☐ 2 teaspoons cilantro leaves fresh finely chopped
- ☐ 0.5 teaspoon salt

Equipment

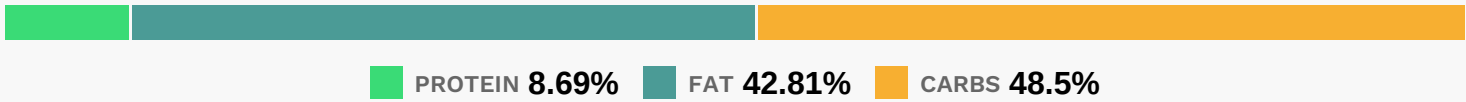
- ☐ bowl
- ☐ oven

☐ aluminum foil

Directions

- ☐ Preheat oven to 45
- ☐ Combine butter, chili powder, and cilantro in a small bowl.
- ☐ Cut each ear of corn in half, and place each half on a piece of foil.
- ☐ Brush evenly with butter mixture.
- ☐ Sprinkle with salt; wrap in foil.
- ☐ Bake at 450 for 20 minutes or until corn is tender.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.4039130282143%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 63.08kcal (3.15%), Fat: 3.33g (5.13%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 7.54g (2.74%), Sugar: 2.83g (3.15%), Cholesterol: 7.17mg (2.39%), Sodium: 224.72mg (9.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.05%), Folate: 19.07µg (4.77%), Vitamin B1: 0.07mg (4.69%), Vitamin A: 219.12IU (4.38%), Magnesium: 16.98mg (4.24%), Phosphorus: 41.37mg (4.14%), Vitamin B3: 0.82mg (4.09%), Manganese: 0.08mg (3.84%), Fiber: 0.96g (3.84%), Vitamin C: 3.07mg (3.72%), Potassium: 125.76mg (3.59%), Vitamin B5: 0.33mg (3.28%), Vitamin B6: 0.05mg (2.27%), Vitamin B2: 0.03mg (1.62%), Iron: 0.27mg (1.48%), Zinc: 0.22mg (1.45%), Copper: 0.03mg (1.31%), Vitamin E: 0.17mg (1.15%)