



Cilantro Grilled Corn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon garlic finely chopped
- ☐ 2 teaspoons cilantro leaves fresh finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 serving pam original flavor shopping list
- ☐ 2 ears corn husked

Equipment

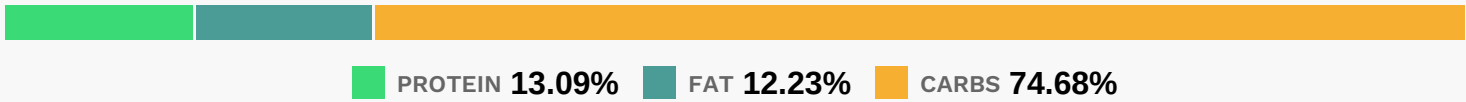
- ☐ bowl
- ☐ grill

☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix garlic, cilantro and salt.
- ☐ Cut two 12-inch square pieces of heavy-duty foil. Spray each ear of corn generously with cooking spray.
- ☐ Spread garlic mixture over each ear of corn. Wrap each ear of corn in foil piece, sealing edges. Allow space for circulation and expansion.
- ☐ Cover and grill corn over medium heat 10 to 12 minutes, turning occasionally, until tender.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:4.5178261153076%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 80.05kcal (4%), Fat: 1.26g (1.94%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 15.51g (5.64%), Sugar: 5.65g (6.28%), Cholesterol: 0mg (0%), Sodium: 304.52mg (13.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin B1: 0.14mg (9.5%), Folate: 37.91µg (9.48%), Manganese: 0.17mg (8.65%), Magnesium: 33.71mg (8.43%), Phosphorus: 82.44mg (8.24%), Vitamin B3: 1.6mg (8.02%), Vitamin C: 6.61mg (8.02%), Fiber: 1.83g (7.34%), Potassium: 249.6mg (7.13%), Vitamin B5: 0.65mg (6.55%), Vitamin B6: 0.1mg (5.12%), Vitamin A: 175.18IU (3.5%), Vitamin B2: 0.05mg (3.02%), Zinc: 0.43mg (2.88%), Iron: 0.5mg (2.77%), Copper: 0.05mg (2.68%), Selenium: 0.75µg (1.08%)