



## Corn On The Cob (Easy Cleaning and Shucking)



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



1

CALORIES



113 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon butter to taste
- ☐ 1 ear corn on the cob
- ☐ 1 serving salt to taste

### Equipment

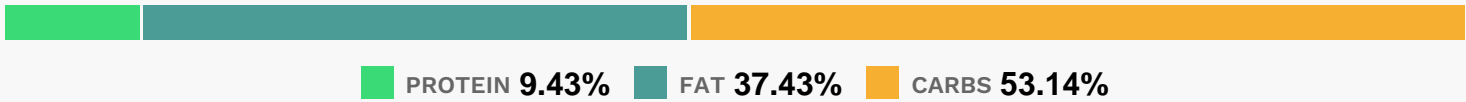
- ☐ oven
- ☐ microwave
- ☐ kitchen towels

- ☐ cutting board
- ☐ pot holder

## Directions

- ☐ Place ear of corn in a microwave oven and cook on high for 2 minutes; flip corn over and cook on high until kernels are hot and steaming, another 2 minutes.
- ☐ Place corn ear on a cutting board, using a pot holder or folded kitchen towel, and cut off the bottom of the ear, exposing 1/4 to 1/2 inch of kernels. Hold the ear from the top and squeeze ear of corn out of the husk from top to bottom. Husks and silk will be left behind.
- ☐ Spread ear with butter and season with salt.

## Nutrition Facts



## Properties

Glycemic Index:50, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:4.465652189177%

## Nutrients (% of daily need)

Calories: 113.25kcal (5.66%), Fat: 5.27g (8.11%), Saturated Fat: 2.86g (17.89%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 15.03g (5.47%), Sugar: 5.64g (6.26%), Cholesterol: 10.75mg (3.58%), Sodium: 239.44mg (10.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.97%), Folate: 37.95µg (9.49%), Vitamin B1: 0.14mg (9.32%), Magnesium: 33.4mg (8.35%), Phosphorus: 81.3mg (8.13%), Vitamin B3: 1.6mg (7.98%), Vitamin C: 6.12mg (7.42%), Manganese: 0.15mg (7.36%), Fiber: 1.8g (7.2%), Potassium: 244.24mg (6.98%), Vitamin B5: 0.65mg (6.51%), Vitamin A: 293.25IU (5.86%), Vitamin B6: 0.08mg (4.19%), Vitamin B2: 0.05mg (3.01%), Zinc: 0.42mg (2.79%), Iron: 0.47mg (2.61%), Copper: 0.05mg (2.44%), Vitamin E: 0.18mg (1.19%)