



Corn on the Cob with Cheese and Lime

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



495 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon ground pepper to taste
- 0.8 cup cotija cheese shredded
- 4 ears corn
- 2 servings lime wedges
- 0.3 cup mayonnaise

Equipment

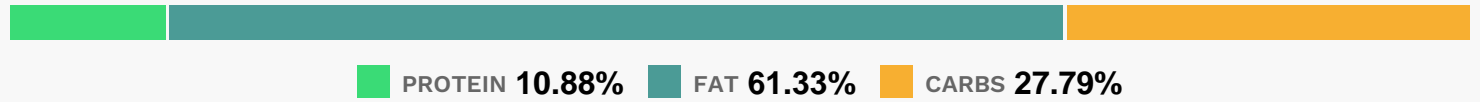
- bowl
- whisk

- grill
- grater

Directions

- Prepare grill.
- Soak corn in husks in cold water 10 minutes.
- Drain corn and grill on a rack set 5 to 6 inches over glowing coals until husks are charred, about 10 minutes. Shuck corn and grill until kernels are browned in spots, about 10 minutes.
- While corn is grilling, in a small bowl whisk together mayonnaise and cayenne. Using the small teardrop-shaped holes on a four-sided grater grate cotija.
- Brush mayonnaise mixture onto hot corn and sprinkle with cotija.
- Serve corn on the cob with lime wedges.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:0.71, Inflammation Score:-7, Nutrition Score:17.999130420063%

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: 494.96kcal (24.75%), Fat: 35.49g (54.6%), Saturated Fat: 11.35g (70.92%), Carbohydrates: 36.18g (12.06%), Net Carbohydrates: 32.52g (11.82%), Sugar: 11.46g (12.73%), Cholesterol: 61.82mg (20.61%), Sodium: 846.11mg (36.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.16g (28.33%), Vitamin K: 47.3µg (45.05%), Phosphorus: 356.19mg (35.62%), Vitamin B2: 0.58mg (34.14%), Calcium: 283.67mg (28.37%), Vitamin B1: 0.37mg (24.61%), Folate: 95.21µg (23.8%), Vitamin B6: 0.41mg (20.58%), Magnesium: 77.82mg (19.45%), Vitamin B5: 1.88mg (18.85%), Vitamin B3: 3.76mg (18.78%), Zinc: 2.49mg (16.63%), Vitamin B12: 0.98µg (16.4%), Manganese: 0.31mg (15.68%), Vitamin C: 12.63mg (15.3%), Potassium: 530.01mg (15.14%), Fiber: 3.66g (14.65%), Selenium: 10.18µg (14.54%), Vitamin A: 644.69IU (12.89%), Vitamin E: 1.19mg (7.9%), Iron: 1.38mg (7.65%), Copper: 0.12mg (6.08%), Vitamin D: 0.28µg (1.87%)