



## Corn on the Cob with Cheese and Lime

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



546 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon cayenne
- 9 ounces cotija shredded (can use feta)
- 8 ears corn
- 4 servings lime wedges
- 0.5 cup mayonnaise
- 1 tablespoon oil

### Equipment

- bowl

- whisk
- grill
- grater

## Directions

- Prepare grill.
- Lightly brush corn with oil and place on hot grill, turning occasionally, 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 the cotija.
- Brush mayonnaise mixture onto hot corn and sprinkle with cotija.
- Serve corn on the cob with lime wedges.

## Nutrition Facts



**PROTEIN 10.65%** **FAT 63.86%** **CARBS 25.49%**

## Properties

Glycemic Index:35.25, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:19.206086915472%

## 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: 545.87kcal (27.29%), Fat: 40.61g (62.48%), Saturated Fat: 12.61g (78.79%), Carbohydrates: 36.47g (12.16%), Net Carbohydrates: 32.81g (11.93%), Sugar: 11.46g (12.73%), Cholesterol: 68.53mg (22.84%), Sodium: 932.02mg (40.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.23g (30.47%), Vitamin K: 49.93µg (47.55%), Phosphorus: 381.59mg (38.16%), Vitamin B2: 0.64mg (37.88%), Calcium: 320.82mg (32.08%), Vitamin B1: 0.38mg (25.38%), Folate: 97.62µg (24.41%), Vitamin B6: 0.44mg (22.18%), Magnesium: 79.25mg (19.81%), Vitamin B5: 1.96mg (19.58%), Vitamin B3: 3.83mg (19.15%), Vitamin B12: 1.11µg (18.53%), Zinc: 2.71mg (18.07%), Selenium: 11.31µg (16.15%), Manganese: 0.32mg (15.79%), Vitamin C: 12.63mg (15.3%), Potassium: 534.69mg (15.28%), Fiber: 3.66g (14.65%), Vitamin A: 676.49IU (13.53%), Vitamin E: 1.81mg (12.07%), Iron: 1.43mg (7.92%), Copper: 0.12mg (6.2%), Vitamin D: 0.31µg (2.07%)