



Corn on the Cob with Seasoned Salts



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons coarse salt smoked
- ☐ 8 ears corn
- ☐ 1 tablespoon pepper black
- ☐ 1.5 tablespoons kosher salt
- ☐ 2 teaspoons orange zest finely grated
- ☐ 1.5 tablespoons sea salt
- ☐ 1 teaspoon paprika smoked hot
- ☐ 30 servings butter unsalted for serving

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30 servings vegetable oil for drizzling

Equipment

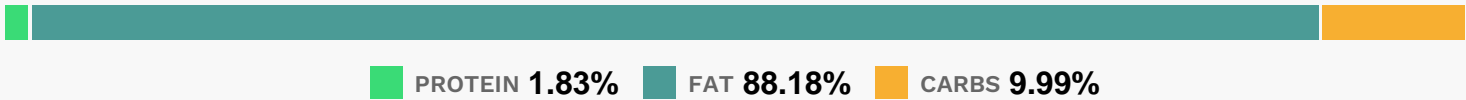
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grill

Directions

- ☐ Mix the Maldon salt with the orange zest, the kosher salt with the paprika and the smoked salt with the black pepper.
- ☐ Light a grill.
- ☐ Drizzle the corn with vegetable oil and rub to coat the corn thoroughly. Grill over moderate heat, turning often, until the corn is lightly charred all over and just tender, about 15 minutes.
- ☐ Transfer the corn to a large platter and serve with butter and the seasoned salts.

Nutrition Facts



Properties

Glycemic Index:1.57, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:2.9539130777121%

Nutrients (% of daily need)

Calories: 181.07kcal (9.05%), Fat: 18.39g (28.3%), Saturated Fat: 4.79g (29.91%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 4.12g (1.5%), Sugar: 1.51g (1.68%), Cholesterol: 10.75mg (3.58%), Sodium: 1050.71mg (45.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin K: 26.55µg (25.28%), Vitamin E: 1.3mg (8.67%), Vitamin A: 204.32IU (4.09%), Manganese: 0.07mg (3.43%), Folate: 10.34µg (2.58%), Vitamin B1: 0.04mg (2.54%), Magnesium: 9.5mg (2.37%), Phosphorus: 23.11mg (2.31%), Fiber: 0.57g (2.27%), Vitamin C: 1.81mg (2.2%), Vitamin B3: 0.44mg (2.19%), Potassium: 70.68mg (2.02%), Vitamin B5: 0.18mg (1.83%), Vitamin B6: 0.02mg (1.24%)