



Corn on the Grill

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



134 kcal

SIDE DISH

Ingredients

- 4 ears corn on the cob
- 2 Tbsp grey poupon dijon mustard
- 1 clove garlic minced
- 0.5 tsp penzey's southwest seasoning dried italian
- 2 Tbsp butter softened

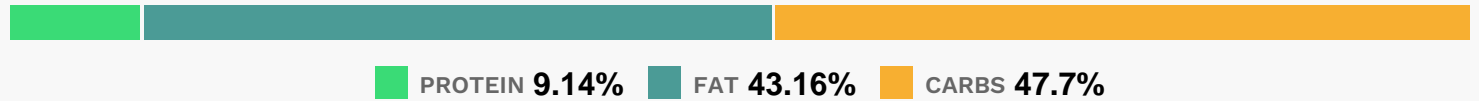
Equipment

- grill

Directions

- Heat grill to medium heat.
- Pull back husks of corn, being careful to leave husks attached at bottom of each ear.
- Remove and discard corn silk. Rinse corn.
- Combine margarine, mustard, garlic and Italian seasoning.
- Spread about 1 Tbsp. of the mustard mixture onto each ear of corn. Rewrap husks around corn.
- Grill 15 to 20 min. or until corn is tender, turning frequently to prevent husks from burning.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:5.4426087085967%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 134.02kcal (6.7%), Fat: 7.12g (10.95%), Saturated Fat: 1.48g (9.28%), Carbohydrates: 17.69g (5.9%), Net Carbohydrates: 15.46g (5.62%), Sugar: 5.76g (6.4%), Cholesterol: 0mg (0%), Sodium: 162.19mg (7.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.79%), Vitamin B1: 0.16mg (10.42%), Manganese: 0.2mg (10.09%), Folate: 38.95µg (9.74%), Magnesium: 37.9mg (9.48%), Phosphorus: 91.29mg (9.13%), Fiber: 2.23g (8.94%), Vitamin A: 427.91IU (8.56%), Vitamin B3: 1.65mg (8.26%), Vitamin C: 6.4mg (7.76%), Potassium: 263.03mg (7.52%), Vitamin B5: 0.68mg (6.8%), Vitamin B6: 0.1mg (5.06%), Selenium: 3.21µg (4.58%), Iron: 0.68mg (3.79%), Vitamin B2: 0.06mg (3.47%), Zinc: 0.48mg (3.18%), Copper: 0.06mg (2.89%), Vitamin E: 0.35mg (2.32%), Vitamin K: 1.79µg (1.71%), Calcium: 13.58mg (1.36%)