



Corn on the Grill

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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

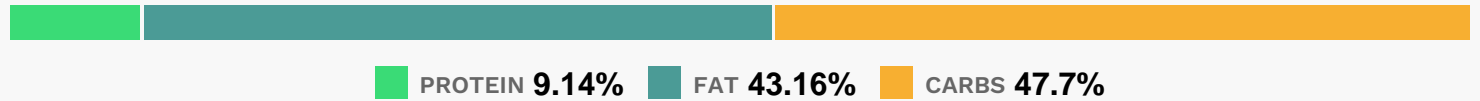
Equipment

- 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:2.23, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.7252173943688%

Nutrients (% of daily need)

Calories: 17.87kcal (0.89%), Fat: 0.95g (1.46%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.77g (0.85%), Cholesterol: 0mg (0%), Sodium: 21.63mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Vitamin B1: 0.02mg (1.39%), Manganese: 0.03mg (1.34%), Folate: 5.19µg (1.3%), Magnesium: 5.05mg (1.26%), Phosphorus: 12.17mg (1.22%), Fiber: 0.3g (1.19%), Vitamin A: 57.05IU (1.14%), Vitamin B3: 0.22mg (1.1%), Vitamin C: 0.85mg (1.03%)