



## Corn with Bacon and Chili Powder

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



172 kcal

SIDE DISH

### Ingredients

- 4 slices bacon
- 4 dashes chili powder
- 4 ears corn husked cleaned

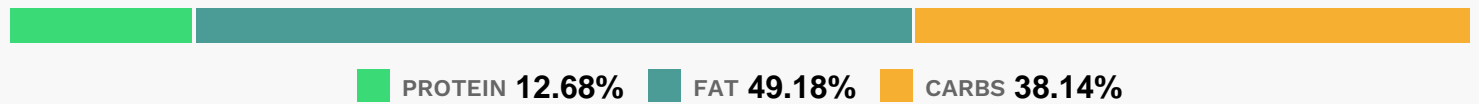
### Equipment

- grill
- aluminum foil

## Directions

- Wash the husked corn.
- Wrap one slice of bacon around each ear. It probably won't cover the entire ear, but be sure it goes from one end to the other.
- Sprinkle with chili powder to taste.
- Wrap the corn and bacon and chili powder in heavy aluminum foil and place over medium coals, or medium flame on gas grill.
- Cook approximately 20–25 minutes. Time will depend on the size of the ears of corn, and how fresh they are.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:6.4043478680694%

## Nutrients (% of daily need)

Calories: 171.96kcal (8.6%), Fat: 10.09g (15.52%), Saturated Fat: 3.24g (20.26%), Carbohydrates: 17.61g (5.87%), Net Carbohydrates: 15.46g (5.62%), Sugar: 5.71g (6.34%), Cholesterol: 14.52mg (4.84%), Sodium: 175.54mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.71%), Vitamin B1: 0.2mg (13.51%), Vitamin B3: 2.59mg (12.97%), Phosphorus: 114.78mg (11.48%), Folate: 38.08µg (9.52%), Vitamin A: 472.94IU (9.46%), Magnesium: 37.43mg (9.36%), Potassium: 306.06mg (8.74%), Fiber: 2.15g (8.59%), Manganese: 0.17mg (8.31%), Vitamin B6: 0.16mg (8.16%), Vitamin B5: 0.78mg (7.76%), Vitamin C: 6.13mg (7.43%), Selenium: 5.17µg (7.38%), Zinc: 0.72mg (4.78%), Vitamin B2: 0.08mg (4.51%), Iron: 0.73mg (4.06%), Vitamin E: 0.54mg (3.59%), Copper: 0.07mg (3.39%), Vitamin B12: 0.11µg (1.83%), Vitamin K: 1.33µg (1.26%)