



Cuban Corn on the Cob

 **Gluten Free**

READY IN



23 min.

SERVINGS



8

CALORIES



259 kcal

SIDE DISH

Ingredients

- 0.5 cup butter melted
- 8 ears corn fresh
- 1 tablespoon cilantro leaves fresh chopped
- 3 tablespoons parsley fresh chopped
- 1.5 cups parmesan cheese freshly grated
- 1 teaspoon sea salt

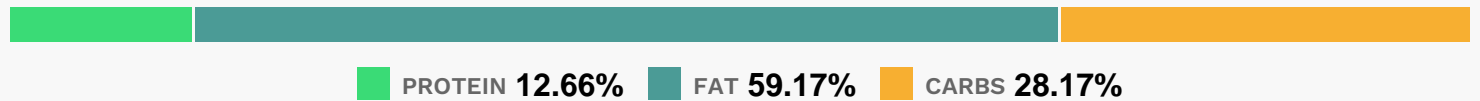
Equipment

- grill

Directions

- Combine first 4 ingredients in a shallow dish.
- Grill corn over high heat (450 to 600), covered, turning frequently, 8 to 10 minutes or until done.
- Brush corn with melted butter, and roll in herb mixture.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:8.9004347998163%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 258.61kcal (12.93%), Fat: 17.98g (27.67%), Saturated Fat: 10.49g (65.58%), Carbohydrates: 19.26g (6.42%), Net Carbohydrates: 17.41g (6.33%), Sugar: 5.67g (6.3%), Cholesterol: 46.82mg (15.61%), Sodium: 724.4mg (31.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.32%), Vitamin K: 26.34µg (25.08%), Phosphorus: 203.27mg (20.33%), Calcium: 173.24mg (17.32%), Vitamin A: 814.77IU (16.3%), Folate: 41.66µg (10.42%), Selenium: 7.25µg (10.35%), Magnesium: 40.92mg (10.23%), Vitamin C: 8.13mg (9.85%), Vitamin B1: 0.15mg (9.77%), Zinc: 1.26mg (8.37%), Manganese: 0.17mg (8.3%), Potassium: 289.54mg (8.27%), Vitamin B3: 1.63mg (8.17%), Fiber: 1.85g (7.4%), Vitamin B5: 0.73mg (7.28%), Vitamin B2: 0.12mg (7.09%), Vitamin B6: 0.1mg (5.04%), Vitamin B12: 0.28µg (4.62%), Iron: 0.65mg (3.62%), Vitamin E: 0.5mg (3.34%), Copper: 0.06mg (2.93%)