

## Curried Corn on the Cob

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



150 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon curry powder
- 6 medium ears corn sweet
- 0.5 cup goat cheese crumbled
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 2 teaspoons suya seasoning mix salt-free
- 1 tablespoon sugar

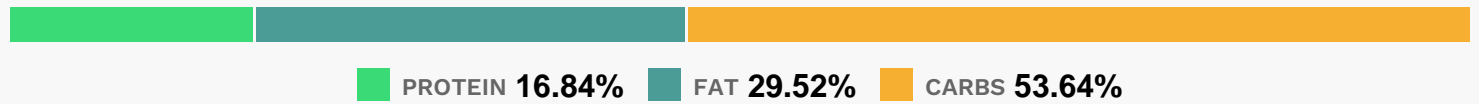
### Equipment

- bowl
- grill
- kitchen twine

## Directions

- Carefully peel back corn husks to within 1 in. of bottoms; remove silk. Rewrap corn in husks and secure with kitchen string.
- Place in a large kettle; cover with cold water. Soak for 20 minutes; drain.
- Grill corn, covered, over medium heat for 25–30 minutes or until tender, turning often. In a small bowl, combine the remaining ingredients; spread over warm corn.

## Nutrition Facts



## Properties

Glycemic Index:18.68, Glycemic Load:1.43, Inflammation Score:-5, Nutrition Score:7.875652131827%

## Nutrients (% of daily need)

Calories: 150.46kcal (7.52%), Fat: 5.47g (8.41%), Saturated Fat: 3.12g (19.49%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 19.53g (7.1%), Sugar: 8.62g (9.58%), Cholesterol: 8.7mg (2.9%), Sodium: 182.34mg (7.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.03%), Manganese: 0.29mg (14.26%), Phosphorus: 142.35mg (14.24%), Folate: 49.27µg (12.32%), Vitamin B1: 0.17mg (11.65%), Magnesium: 45.77mg (11.44%), Fiber: 2.81g (11.26%), Vitamin K: 11.16µg (10.63%), Copper: 0.21mg (10.33%), Vitamin B3: 1.97mg (9.85%), Vitamin B5: 0.88mg (8.76%), Potassium: 304.76mg (8.71%), Iron: 1.55mg (8.63%), Vitamin C: 6.99mg (8.48%), Vitamin A: 416.2IU (8.32%), Vitamin B2: 0.14mg (8.1%), Vitamin B6: 0.16mg (8.07%), Calcium: 56.01mg (5.6%), Zinc: 0.7mg (4.64%), Vitamin E: 0.44mg (2.95%), Selenium: 1.26µg (1.8%)