



Curried Corn on the Cob

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon curry powder
- 4 ears corn fresh (in husks)
- 0.1 teaspoon ground pepper red
- 1 tablespoon butter melted reduced-calorie

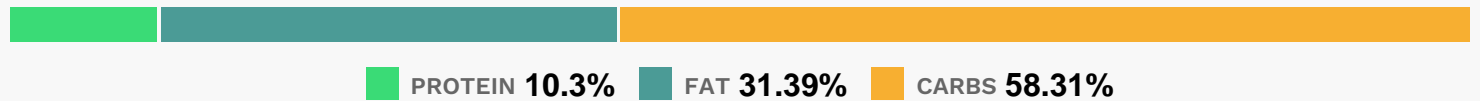
Equipment

- bowl

Directions

- Remove husks and silks from corn. Cook corn in boiling water to cover 10 minutes; drain.
- While corn cooks, combine margarine, curry powder, red pepper, and mint, if desired, in a small bowl.
- Brush margarine mixture evenly on corn.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:4.5508695424575%

Nutrients (% of daily need)

Calories: 103.17kcal (5.16%), Fat: 4.06g (6.25%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 15.11g (5.49%), Sugar: 5.64g (6.27%), Cholesterol: 0mg (0%), Sodium: 46.59mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Folate: 38.09µg (9.52%), Vitamin B1: 0.14mg (9.36%), Magnesium: 33.82mg (8.45%), Phosphorus: 81.52mg (8.15%), Vitamin B3: 1.6mg (8.02%), Manganese: 0.15mg (7.67%), Vitamin C: 6.19mg (7.5%), Fiber: 1.86g (7.43%), Potassium: 247.66mg (7.08%), Vitamin B5: 0.65mg (6.48%), Vitamin A: 320.73IU (6.41%), Vitamin B6: 0.09mg (4.35%), Vitamin B2: 0.05mg (3.04%), Iron: 0.51mg (2.83%), Zinc: 0.42mg (2.8%), Copper: 0.05mg (2.49%), Vitamin E: 0.22mg (1.45%)