



Deconstructed Mexican Style Corn

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



367 kcal

SIDE DISH

Ingredients

- 5 tablespoons chipotle powder
- 0.8 cup cotija cheese crumbled
- 6 ears corn
- 2 tablespoons cilantro leaves fresh roughly chopped
- 3 tablespoons kosher salt
- 2 lime zest
- 0.8 cup mayonnaise
- 0.5 onion red minced

1 tablespoon vegetable oil

Equipment

sauce pan

grill

grill pan

Directions

Combine the chipotle powder and salt and store in an airtight container.

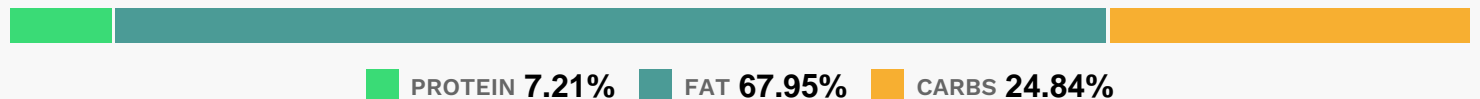
Heat a grill or grill pan over high heat until hot, and then add the corn and char on all sides, turning occasionally, until blackened in parts, 12 to 15 minutes. When cool enough to handle, cut the kernels off the cobs.

Heat the oil in a saucepan over medium heat and saute the onions until translucent, about 5 minutes.

Add the charred corn kernels and cook until warmed. Stir in 1/2 cup of the cheese, the mayonnaise, cilantro and lime zest. Season with 1/4 to 1/2 teaspoon of the chipotle salt.

Sprinkle with the remaining 1/4 cup cotija cheese and more chipotle salt.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.02, Inflammation Score:-9, Nutrition Score:15.439565228379%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 366.72kcal (18.34%), Fat: 29.46g (45.33%), Saturated Fat: 6.58g (41.13%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 19.33g (7.03%), Sugar: 7.04g (7.82%), Cholesterol: 28.45mg (9.48%), Sodium: 4003.48mg (174.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.06%), Vitamin K: 58.05µg (55.28%),

Vitamin A: 2262.64IU (45.25%), Vitamin E: 3.8mg (25.32%), Fiber: 4.9g (19.62%), Phosphorus: 175.91mg (17.59%), Vitamin B2: 0.28mg (16.64%), Vitamin B6: 0.33mg (16.29%), Vitamin C: 13.38mg (16.22%), Manganese: 0.29mg (14.52%), Vitamin B1: 0.2mg (13.26%), Vitamin B3: 2.61mg (13.04%), Calcium: 130.21mg (13.02%), Folate: 50.68µg (12.67%), Magnesium: 49.46mg (12.36%), Potassium: 427.8mg (12.22%), Iron: 1.99mg (11.04%), Vitamin B5: 0.99mg (9.94%), Zinc: 1.33mg (8.88%), Selenium: 5.5µg (7.86%), Copper: 0.15mg (7.38%), Vitamin B12: 0.35µg (5.84%)