



Elote

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



99 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon chili powder
- 4 ears shucked corn
- 3 tablespoons mayonnaise fat-free
- 0.3 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 2 teaspoons juice of lime fresh
- 2 tablespoons parmesan cheese finely grated
- 0.1 teaspoon salt

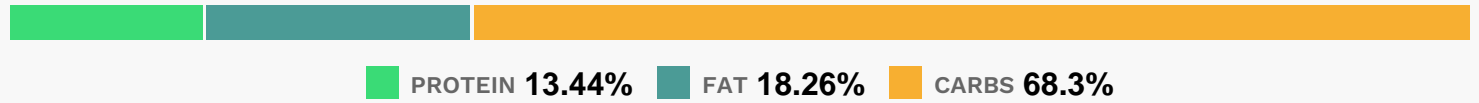
Equipment

- bowl
- grill

Directions

- Prepare grill.
- Combine mayonnaise and juice in a small bowl.
- Combine cheese and next 4 ingredients (through salt) in another small bowl.
- Place corn on a grill rack coated with cooking spray. Grill corn 12 minutes or until tender, turning frequently.
- Remove corn from grill; brush with mayonnaise mixture, and sprinkle with cheese mixture.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:5.2373913325693%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 98.94kcal (4.95%), Fat: 2.29g (3.52%), Saturated Fat: 0.76g (4.72%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 17.08g (6.21%), Sugar: 6.79g (7.55%), Cholesterol: 3.12mg (1.04%), Sodium: 217.06mg (9.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.57%), Phosphorus: 98.57mg (9.86%), Folate: 38.42µg (9.6%), Vitamin B1: 0.14mg (9.51%), Magnesium: 35.61mg (8.9%), Fiber: 2.14g (8.57%), Vitamin C: 6.98mg (8.46%), Vitamin B3: 1.64mg (8.22%), Manganese: 0.16mg (8.13%), Potassium: 265.31mg (7.58%), Vitamin B5: 0.66mg (6.59%), Vitamin A: 318.9IU (6.38%), Vitamin B6: 0.1mg (4.78%), Vitamin B2: 0.06mg (3.76%), Zinc: 0.55mg (3.66%), Iron: 0.63mg (3.5%), Vitamin K: 3.29µg (3.14%), Copper: 0.06mg (2.82%), Calcium: 27.1mg (2.71%), Selenium: 1.52µg (2.17%), Vitamin E: 0.22mg (1.48%)