



Fantastic Grilled Corn on the Cob

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



25 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 4 ears corn on the cob
- ☐ 1 tsp parsley fresh chopped
- ☐ 2 Tbsp parmesan cheese grated kraft

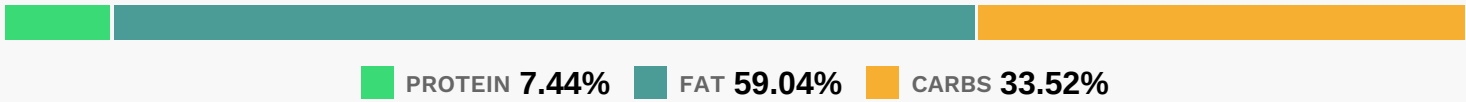
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat grill to medium-high heat.
- ☐ Rinse corn under cold water; wrap individually in Reynolds Wrap Aluminum Foil.
- ☐ Grill 15 to 20 min. or until tender, turning occasionally.
- ☐ Mix remaining ingredients; spread onto corn.

Nutrition Facts



Properties

Glycemic Index:2.73, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.69260870025534%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Nutrients (% of daily need)

Calories: 25.29kcal (1.26%), Fat: 1.79g (2.75%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 2.05g (0.74%), Sugar: 0.75g (0.84%), Cholesterol: 4.36mg (1.45%), Sodium: 19.8mg (0.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.01%), Vitamin A: 72.88IU (1.46%), Phosphorus: 13.25mg (1.32%), Folate: 5.12µg (1.28%), Vitamin B1: 0.02mg (1.25%), Magnesium: 4.6mg (1.15%), Vitamin B3: 0.21mg (1.07%)