



Garlic Corn on the Cob



Vegetarian



Gluten Free



Popular

READY IN



40 min.

SERVINGS



12

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 12 tablespoons butter divided
- ☐ 12 ears corn husked cleaned
- ☐ 0.3 cup garlic powder

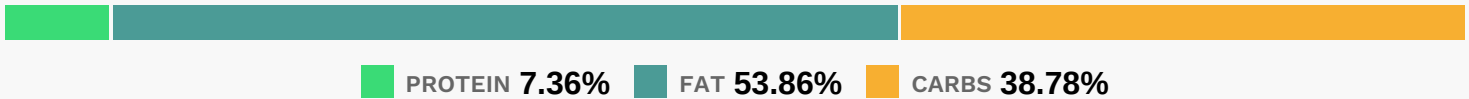
Equipment

- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat grill for medium heat, or preheat your oven to 350 degrees F (175 degrees C).
- ☐ Place each ear of corn on a separate square of aluminum foil.
- ☐ Place 1 tablespoon of butter on each one, and sprinkle with garlic powder. Wrap ears tightly with the foil.
- ☐ Place ears of corn on the grill or in the oven for 20 to 30 minutes, turning over occasionally.

Nutrition Facts



Properties

Glycemic Index:4.58, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:5.7686956174996%

Nutrients (% of daily need)

Calories: 194.09kcal (9.7%), Fat: 12.6g (19.39%), Saturated Fat: 7.5g (46.88%), Carbohydrates: 20.42g (6.81%), Net Carbohydrates: 18.18g (6.61%), Sugar: 5.76g (6.4%), Cholesterol: 30.1mg (10.03%), Sodium: 106.48mg (4.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Vitamin B1: 0.16mg (10.78%), Phosphorus: 103.87mg (10.39%), Vitamin A: 518.16IU (10.36%), Folate: 40.54µg (10.13%), Manganese: 0.19mg (9.75%), Magnesium: 37.38mg (9.34%), Fiber: 2.24g (8.97%), Potassium: 305.16mg (8.72%), Vitamin B6: 0.17mg (8.28%), Vitamin B3: 1.64mg (8.19%), Vitamin C: 6.18mg (7.49%), Vitamin B5: 0.7mg (6.97%), Iron: 0.75mg (4.16%), Zinc: 0.57mg (3.83%), Copper: 0.07mg (3.74%), Vitamin B2: 0.06mg (3.6%), Vitamin E: 0.42mg (2.81%), Selenium: 1.86µg (2.65%), Vitamin K: 1.27µg (1.21%)