

Grilled Bacon-Wrapped Corn on the Cob



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



10

CALORIES



272 kcal

SIDE DISH

Ingredients

- 1 pound bacon sliced
- 10 servings cajun spice to taste
- 10 ears corn husked cleaned
- 10 servings salt and pepper black to taste

Equipment

- grill
- aluminum foil

Directions

- Preheat an outdoor grill for high heat.
- Sprinkle each ear of corn with Cajun seasoning, salt, and pepper, and wrap each ear with 2 slices of bacon, covering the ear as completely as possible. (A big ear might need 3 pieces of bacon.) Wrap the ears in aluminum foil, twisting the ends tightly to seal.
- Place the wrapped corn on the preheated grill, and grill on high heat until the corn is hot, about 10 minutes per side. Turn the heat to Low, and grill the corn until the bacon is cooked and the corn is tender, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:8.915217321852%

Nutrients (% of daily need)

Calories: 272.19kcal (13.61%), Fat: 19.48g (29.96%), Saturated Fat: 6.37g (39.79%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 15.99g (5.82%), Sugar: 5.84g (6.49%), Cholesterol: 29.94mg (9.98%), Sodium: 508.93mg (22.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.95g (17.9%), Vitamin A: 1170.16IU (23.4%), Vitamin B1: 0.27mg (18.09%), Vitamin B3: 3.62mg (18.09%), Phosphorus: 151.7mg (15.17%), Selenium: 9.78µg (13.98%), Vitamin B6: 0.25mg (12.36%), Potassium: 378.45mg (10.81%), Magnesium: 42.31mg (10.58%), Fiber: 2.5g (9.99%), Folate: 38.78µg (9.69%), Vitamin B5: 0.95mg (9.47%), Manganese: 0.18mg (9.2%), Vitamin C: 6.14mg (7.44%), Zinc: 1.04mg (6.91%), Vitamin B2: 0.11mg (6.52%), Iron: 1.08mg (5.99%), Vitamin E: 0.84mg (5.6%), Copper: 0.08mg (4.1%), Vitamin B12: 0.23µg (3.78%), Vitamin K: 1.88µg (1.79%), Vitamin D: 0.18µg (1.21%)