



Grilled Cajun Corn



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon cajun spice
- ☐ 2 hot sauce red
- ☐ 6 ears corn with husks

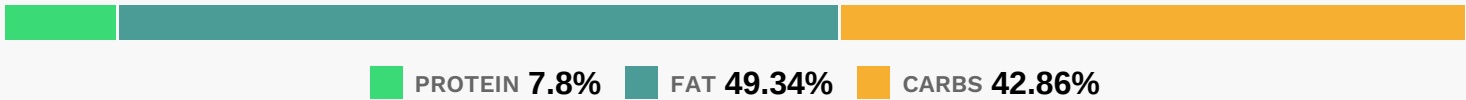
Equipment

- ☐ grill

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Mix butter, Cajun seasoning
- ☐ and pepper sauce. Reserve 1 tablespoon butter mixture.
- ☐ Carefully pull back husks of each ear of corn; remove silk.
- ☐ Generously brush butter mixture over corn. Pull husks back over ears;
- ☐ tie husks securely with thin piece of husk or string.
- ☐ Cover and grill corn 4 to 6 inches from medium heat 20 to 26
- ☐ minutes, turning frequently, until tender.
- ☐ Remove husks.
- ☐ Brush corn
- ☐ with reserved 1 tablespoon butter.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:5.8034782474456%

Nutrients (% of daily need)

Calories: 148.73kcal (7.44%), Fat: 8.98g (13.82%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 17.55g (5.85%), Net Carbohydrates: 15.34g (5.58%), Sugar: 5.76g (6.4%), Cholesterol: 0mg (0%), Sodium: 112.3mg (4.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.39%), Vitamin A: 1081.79IU (21.64%), Vitamin B1: 0.14mg (9.63%), Folate: 38.49µg (9.62%), Magnesium: 35.68mg (8.92%), Fiber: 2.21g (8.83%), Phosphorus: 85.98mg (8.6%), Vitamin B3: 1.71mg (8.57%), Manganese: 0.17mg (8.27%), Potassium: 274.05mg (7.83%), Vitamin C: 6.4mg (7.76%), Vitamin B5: 0.68mg (6.83%), Vitamin B6: 0.11mg (5.5%), Vitamin E: 0.7mg (4.64%), Vitamin B2: 0.07mg (3.98%), Iron: 0.72mg (3.98%), Zinc: 0.46mg (3.1%), Copper: 0.06mg (2.85%), Vitamin K: 1.21µg (1.16%)