



Grilled Cheesy Corn

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



163 kcal

SIDE DISH

Ingredients

- 1 serving butter melted
- 1 serving chili powder
- 1 serving ears corn fresh
- 1 serving lime wedges fresh
- 1 serving parmesan grated
- 1 serving salt
- 1 serving paprika smoked

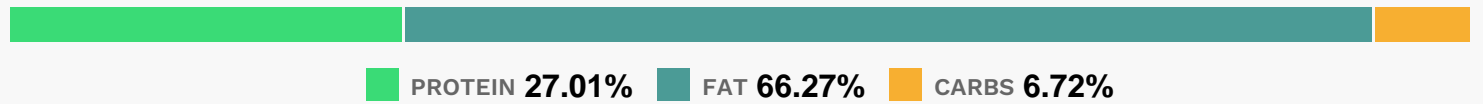
Equipment

- grill
- kitchen twine

Directions

- Preheat grill to 350 to 400 (medium-high) heat. Pull back husks from ears of fresh corn; remove and discard silks. Tie husks together with kitchen string to form a handle. Soak in cold salted water to cover 10 minutes; drain. Grill corn, covered with grill lid, 15 minutes or until golden brown, turning occasionally.
- Remove from grill.
- Brush corn with melted butter; sprinkle with salt, chili powder, smoked paprika, and grated Cotija or Parmesan cheese.
- Serve with fresh lime wedges.

Nutrition Facts



Properties

Glycemic Index:124, Glycemic Load:0.32, Inflammation Score:-7, Nutrition Score:7.1213043785614%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 163.07kcal (8.15%), Fat: 12.23g (18.82%), Saturated Fat: 7.57g (47.29%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 1.7g (0.62%), Sugar: 0.57g (0.63%), Cholesterol: 31.15mg (10.38%), Sodium: 740.19mg (32.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.44%), Calcium: 365.76mg (36.58%), Vitamin A: 1447.16IU (28.94%), Phosphorus: 219.61mg (21.96%), Selenium: 7.28µg (10.4%), Vitamin E: 1.24mg (8.26%), Vitamin B2: 0.13mg (7.83%), Zinc: 0.96mg (6.43%), Vitamin B12: 0.37µg (6.14%), Magnesium: 18.5mg (4.62%), Vitamin B6: 0.09mg (4.6%), Iron: 0.82mg (4.54%), Fiber: 1.09g (4.37%), Vitamin K: 3.79µg (3.61%), Manganese: 0.06mg (2.91%), Potassium: 94.36mg (2.7%), Vitamin B3: 0.44mg (2.18%), Vitamin B5: 0.19mg (1.94%), Copper: 0.04mg (1.9%), Vitamin B1: 0.02mg (1.47%)