



Grilled Corn

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



81 kcal

SIDE DISH

Ingredients

- 6 ears corn (7 to 8 in.)
- 6 servings lime wedges
- 6 servings try build-a-meal
- 6 servings salt

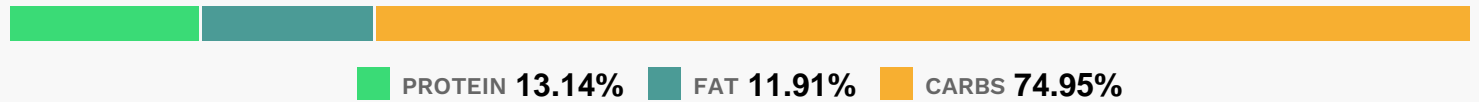
Equipment

- grill

Directions

- Strip husks and silks from 6 ears corn (7 to 8 in.).
- Prepare barbecue for direct heat. If using charcoal briquets, cover firegrate with a single, solid layer of ignited coals; let them burn down to desired heat. Set grill in place and measure heat. If using a gas barbecue, turn all burners to high and close lid for 10 minutes. Adjust burners to desired heat. Set grill in place and measure heat. When grill is medium-hot (you can hold your hand at grill level only 3 to 4 seconds) lay corn on barbecue and turn ears as needed until hot and speckled with brown, 10 to 12 minutes.
- Rub corn with lime wedges and sprinkle with salt to taste.

Nutrition Facts



Properties

Glycemic Index: 5.33, Glycemic Load: 0.02, Inflammation Score: -3, Nutrition Score: 4.6908695840317%

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: 80.94kcal (4.05%), Fat: 1.24g (1.91%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 15.57g (5.66%), Sugar: 5.66g (6.29%), Cholesterol: 0mg (0%), Sodium: 207.32mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Manganese: 0.21mg (10.71%), Vitamin B1: 0.14mg (9.52%), Folate: 38.03µg (9.51%), Magnesium: 35.85mg (8.96%), Phosphorus: 86.6mg (8.66%), Vitamin B3: 1.65mg (8.25%), Fiber: 2.05g (8.22%), Vitamin C: 6.41mg (7.77%), Potassium: 251.36mg (7.18%), Vitamin B5: 0.66mg (6.62%), Vitamin B6: 0.09mg (4.41%), Vitamin A: 168.91IU (3.38%), Zinc: 0.47mg (3.14%), Vitamin B2: 0.05mg (3.1%), Iron: 0.54mg (3%), Copper: 0.06mg (2.82%), Selenium: 1.05µg (1.51%)