

Grilled Corn



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 6 ears corn fresh
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.5 teaspoon pepper
- ☐ 0.1 teaspoon bell pepper red
- ☐ 1 teaspoon salt

Equipment

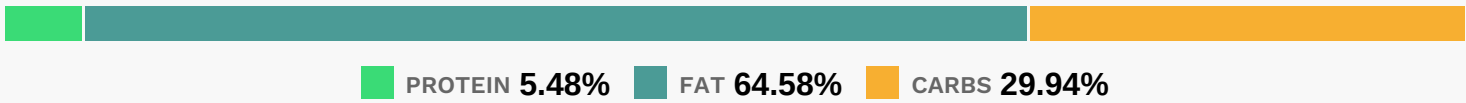
- ☐ mixing bowl

☐ aluminum foil

Directions

- ☐ Combine butter and seasonings in a small mixing bowl, mixing well.
- ☐ Brush corn with butter mixture.
- ☐ Wrap each ear of corn in heavy-duty aluminum foil.
- ☐ Place corn on rack; cook over medium coals 45 minutes or until tender, turning frequently.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:5.2639130405758%

Nutrients (% of daily need)

Calories: 214.06kcal (10.7%), Fat: 16.45g (25.31%), Saturated Fat: 3.45g (21.59%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 15.31g (5.57%), Sugar: 5.64g (6.27%), Cholesterol: 0mg (0%), Sodium: 579.54mg (25.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Vitamin A: 849.08IU (16.98%), Folate: 38.09µg (9.52%), Vitamin B1: 0.14mg (9.46%), Magnesium: 34.22mg (8.56%), Phosphorus: 85mg (8.5%), Manganese: 0.17mg (8.48%), Vitamin B3: 1.6mg (8%), Vitamin C: 6.29mg (7.62%), Fiber: 1.85g (7.4%), Potassium: 254.2mg (7.26%), Vitamin B5: 0.66mg (6.64%), Vitamin B6: 0.09mg (4.36%), Vitamin E: 0.65mg (4.35%), Vitamin B2: 0.06mg (3.35%), Zinc: 0.42mg (2.79%), Iron: 0.49mg (2.73%), Copper: 0.05mg (2.57%)