



Grilled Corn Cobettes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

Ingredients

- 4 servings bbq sauce
- 4 ears corn on the cob
- 4 servings herb
- 4 servings cilantro-lime
- 4 servings soy-furikake
- 1 tablespoon vegetable oil

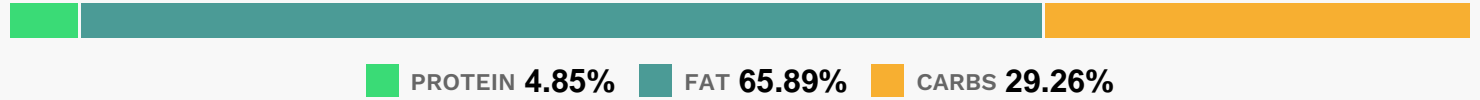
Equipment

- grill

Directions

- Prepare topping or toppings; set aside.
- Heat a grill to medium (350 to 450). Rub corn with oil. Grill corn, turning occasionally, until grill marks form on most sides, about 10 minutes.
- Cut cobs crosswise into three pieces and serve with toppings.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:7.0978260403094%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 237.69kcal (11.88%), Fat: 18.68g (28.74%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 18.66g (6.22%), Net Carbohydrates: 16.23g (5.9%), Sugar: 6.13g (6.81%), Cholesterol: 0mg (0%), Sodium: 24.19mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin K: 38.55µg (36.71%), Vitamin E: 1.69mg (11.28%), Folate: 40.75µg (10.19%), Manganese: 0.2mg (9.92%), Vitamin C: 8.19mg (9.92%), Fiber: 2.43g (9.72%), Vitamin B1: 0.14mg (9.57%), Magnesium: 36.55mg (9.14%), Phosphorus: 83.04mg (8.3%), Vitamin B3: 1.66mg (8.3%), Potassium: 265.06mg (7.57%), Vitamin B5: 0.67mg (6.71%), Iron: 0.89mg (4.93%), Vitamin B6: 0.1mg (4.89%), Vitamin A: 191.05IU (3.82%), Vitamin B2: 0.06mg (3.34%), Copper: 0.06mg (3.01%), Zinc: 0.45mg (3%), Calcium: 20.41mg (2.04%)