



Grilled Corn, Crema Mexicana & Cilantro Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 servings chili powder
- ☐ 12 slices ciabatta bread
- ☐ 12 servings cilantro leaves
- ☐ 0.3 cup crema mexicana sour
- ☐ 2 ears corn
- ☐ 3 tablespoons feta crumbled
- ☐ 0.5 garlic clove

- ☐ 12 servings kosher salt and pepper black freshly ground
- ☐ 12 servings lime wedges
- ☐ 1 tablespoon vegetable oil

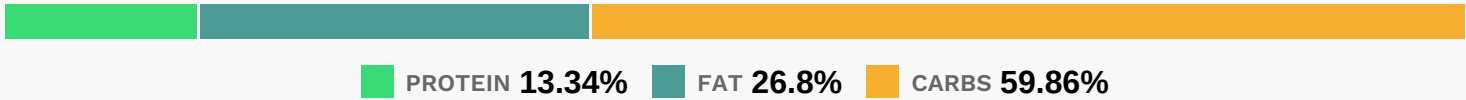
Equipment

- ☐ grill

Directions

- ☐ Rub corn with vegetable oil. Season corn with kosher salt and freshly ground black pepper; grill until slightly charred and tender. Slice corn off the cob in wide strips.
- ☐ Grill bread slices and rub with garlic clove.
- ☐ Mix crema mexicana or sour cream with feta.
- ☐ Smear toasts with crema mixture. Top crema with grilled corn. Squeeze a lime wedge over each.
- ☐ Garnish with cilantro leaves and sprinkle with chili powder.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:3.1378260999918%

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 Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 113.45kcal (5.67%), Fat: 3.51g (5.39%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 16.25g (5.91%), Sugar: 1.26g (1.4%), Cholesterol: 6.39mg (2.13%), Sodium: 241.11mg (10.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.85%), Vitamin A: 668.92IU (13.38%), Vitamin E: 0.88mg (5.86%), Fiber: 1.36g (5.45%), Vitamin K: 4.8µg (4.57%), Vitamin B6: 0.08mg (3.81%), Manganese: 0.08mg (3.75%), Vitamin B2: 0.06mg (3.74%), Calcium: 36.79mg (3.68%), Phosphorus: 34.25mg (3.42%), Vitamin B3: 0.54mg (2.72%), Iron: 0.47mg (2.62%), Potassium: 85.51mg (2.44%), Magnesium: 9.63mg (2.41%), Vitamin B1: 0.04mg (2.37%), Folate:

8.38µg (2.1%), Zinc: 0.28mg (1.88%), Vitamin B5: 0.17mg (1.71%), Vitamin C: 1.39mg (1.69%), Selenium: 1.16µg (1.66%),
Copper: 0.03mg (1.6%), Vitamin B12: 0.07µg (1.2%)