



Grilled Corn in the Style of Oaxaca

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoons chili powder
- ☐ 6 ears corn fresh with husks
- ☐ 2 limes cut into wedges
- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 3 tablespoons parmesan cheese finely grated
- ☐ 1 teaspoon pepper
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons cup heavy whipping cream fat-free sour

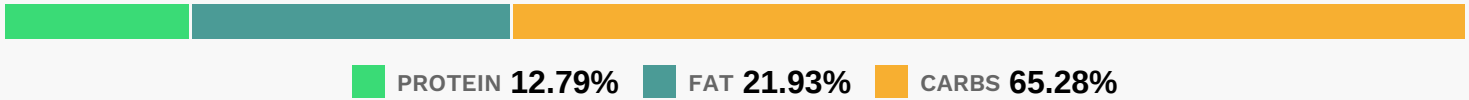
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare a hot fire by piling charcoal on one side of grill, leaving other side empty. (For gas grills, light only one side of grill.)
- ☐ Remove heavy outer husks from corn; pull back inner husks.
- ☐ Remove and discard silks. Tie inner husks together with string.
- ☐ Stir together mayonnaise and sour cream in a small bowl, and set aside.
- ☐ Place Parmesan cheese, chili powder, and lime wedges in small serving bowls, and set aside.
- ☐ Coat each corn cob lightly with cooking spray.
- ☐ Sprinkle corn evenly with salt and pepper. Position corn on food grate of grill so that tied husks lie on unlit side to prevent burning husks.
- ☐ Grill corn, covered with grill lid, over medium-high heat (350to 40
- ☐ minutes or until golden brown, turning occasionally.
- ☐ Place grilled corn cobs on a platter.
- ☐ Spread corn evenly with mayonnaise mixture, and sprinkle evenly with cheese and chili powder. Squeeze lime wedges over corn.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.59, Inflammation Score:-6, Nutrition Score:6.8873912905869%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 113.29kcal (5.66%), Fat: 3.2g (4.92%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 21.42g (7.14%), Net Carbohydrates: 18.44g (6.71%), Sugar: 6.29g (6.99%), Cholesterol: 3.28mg (1.09%), Sodium: 705.23mg (30.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.39%), Vitamin C: 12.63mg (15.31%), Vitamin A: 611.72IU (12.23%), Fiber: 2.97g (11.89%), Phosphorus: 109mg (10.9%), Manganese: 0.22mg (10.88%), Folate: 40.79µg (10.2%), Vitamin B1: 0.15mg (10.17%), Magnesium: 38.58mg (9.65%), Vitamin B3: 1.8mg (9.01%), Potassium: 307.54mg (8.79%), Vitamin B5: 0.72mg (7.21%), Vitamin B6: 0.13mg (6.26%), Vitamin E: 0.74mg (4.93%), Iron: 0.89mg (4.93%), Vitamin B2: 0.08mg (4.81%), Vitamin K: 4.91µg (4.67%), Calcium: 42.79mg (4.28%), Zinc: 0.63mg (4.22%), Copper: 0.08mg (4.19%), Selenium: 2.13µg (3.04%)