



Grilled Corn on the Cob



Vegetarian



Gluten Free

READY IN



73 min.

SERVINGS



8

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 8 ears corn with husks
- ☐ 1 tablespoon kosher salt

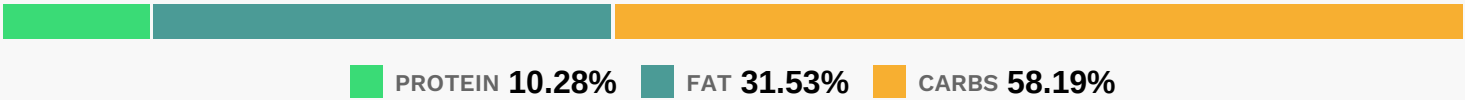
Equipment

- ☐ pot
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Pull the husks back from corn, keeping husks intact; scrub off silks, and pull husks back over corn to cover.
- ☐ Place corn and salt in a large stockpot; cover with water.
- ☐ Let stand 45 minutes; drain.
- ☐ Place corn on grill rack, and grill for 8 minutes on each side or until husks are blackened.
- ☐ Serve grilled corn with butter.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:4.4182608506602%

Nutrients (% of daily need)

Calories: 102.5kcal (5.12%), Fat: 4.05g (6.24%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 15.03g (5.47%), Sugar: 5.64g (6.26%), Cholesterol: 7.53mg (2.51%), Sodium: 908.06mg (39.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Folate: 37.9µg (9.48%), Vitamin B1: 0.14mg (9.31%), Magnesium: 33.39mg (8.35%), Phosphorus: 80.94mg (8.09%), Vitamin B3: 1.59mg (7.97%), Manganese: 0.15mg (7.45%), Vitamin C: 6.12mg (7.42%), Fiber: 1.8g (7.2%), Potassium: 244.02mg (6.97%), Vitamin B5: 0.65mg (6.49%), Vitamin A: 255.76IU (5.12%), Vitamin B6: 0.08mg (4.19%), Vitamin B2: 0.05mg (2.98%), Zinc: 0.42mg (2.8%), Iron: 0.48mg (2.65%), Copper: 0.05mg (2.46%)