



Grilled Corn on the Cob



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

Ingredients



6 tablespoons butter softened



6 ears corn



6 servings salt and pepper to taste

Equipment



grill

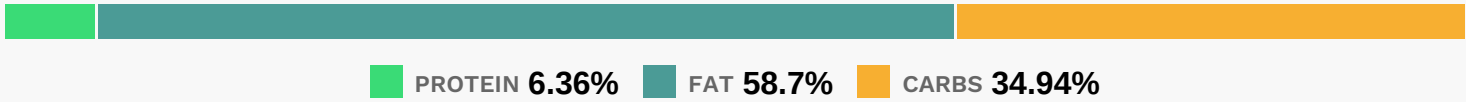


aluminum foil

Directions

- ☐ Preheat an outdoor grill for high heat and lightly oil grate.
- ☐ Peel back corn husks and remove silk.
- ☐ Place 1 tablespoon butter, salt and pepper on each piece of corn. Close husks.
- ☐ Wrap each ear of corn tightly in aluminum foil.
- ☐ Place on the prepared grill. Cook approximately 30 minutes, turning occasionally, until corn is tender.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:4.8100000114545%

Nutrients (% of daily need)

Calories: 177.78kcal (8.89%), Fat: 12.57g (19.34%), Saturated Fat: 7.49g (46.8%), Carbohydrates: 16.84g (5.61%), Net Carbohydrates: 15.04g (5.47%), Sugar: 5.64g (6.27%), Cholesterol: 30.1mg (10.03%), Sodium: 297.31mg (12.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin A: 518.16IU (10.36%), Folate: 38.22µg (9.56%), Vitamin B1: 0.14mg (9.35%), Magnesium: 33.58mg (8.4%), Phosphorus: 83.46mg (8.35%), Vitamin B3: 1.6mg (7.99%), Vitamin C: 6.12mg (7.42%), Manganese: 0.15mg (7.36%), Fiber: 1.8g (7.2%), Potassium: 246.4mg (7.04%), Vitamin B5: 0.66mg (6.61%), Vitamin B6: 0.08mg (4.21%), Vitamin B2: 0.05mg (3.19%), Zinc: 0.43mg (2.85%), Iron: 0.47mg (2.62%), Vitamin E: 0.39mg (2.59%), Copper: 0.05mg (2.44%), Vitamin K: 1.25µg (1.19%)