



Grilled Corn on the Cob with Chile and Lime



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ancho chile powder
- ☐ 0.3 teaspoon coarse kosher salt
- ☐ 6 tablespoons crema mexicana sour
- ☐ 8 ears of corn with husks
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 limes halved quartered

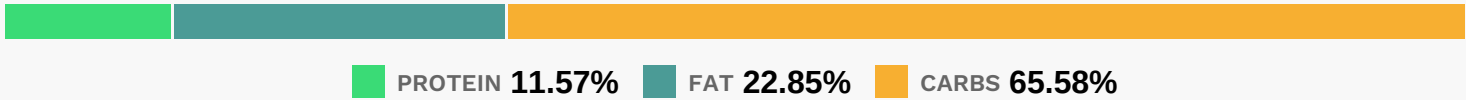
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Mix crema mexicana, fresh lime juice, chile powder, and coarse kosher salt in small bowl to blend. DO AHEAD Can be made 6 hours ahead. Cover and chill.
- ☐ Prepare barbecue (medium heat).
- ☐ Remove outer husks from corn, leaving inner pale green husks attached. Fold back inner husks; remove corn silk.
- ☐ Sprinkle corn with salt and pepper. Rewrap inner husks around corn. Grill corn until husks are charred and beginning to pull away and corn is tender, turning frequently, about 10 minutes. Grill lime quarters until lightly charred, about 5 minutes.
- ☐ Pull husks away from corn to expose kernels.
- ☐ Place corn and lime on platter.
- ☐ Brush corn with crema–lime mixture.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:5.1956521609555%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 7.37mg, Hesperetin: 7.37mg, Hesperetin: 7.37mg, Hesperetin: 7.37mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 103.21kcal (5.16%), Fat: 3.02g (4.65%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 17.19g (6.25%), Sugar: 6.31g (7.01%), Cholesterol: 5.96mg (1.99%), Sodium: 134.26mg (5.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Vitamin C: 11.69mg (14.17%), Folate: 39.65µg (9.91%), Vitamin B1: 0.15mg (9.7%), Fiber: 2.31g (9.25%), Magnesium: 34.68mg (8.67%), Phosphorus: 83.81mg (8.38%), Vitamin B3: 1.64mg (8.21%), Potassium: 266.12mg (7.6%), Manganese: 0.15mg (7.59%), Vitamin B5: 0.69mg

(6.87%), Vitamin A: 280.51IU (5.61%), Vitamin B6: 0.09mg (4.68%), Iron: 0.59mg (3.28%), Vitamin B2: 0.05mg (3.21%), Copper: 0.06mg (3.09%), Zinc: 0.44mg (2.93%), Calcium: 26.18mg (2.62%), Vitamin K: 2µg (1.9%)