



Grilled Corn with Creamy Chipotle Sauce

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



160 kcal

SIDE DISH

Ingredients

- 1 tsp adobo sauce from can
- 1 chipotle pepper in adobo sauce canned
- 1 cup curd cottage cheese
- 8 ears corn fresh
- 0.3 cup cilantro leaves fresh loosely packed
- 2 garlic cloves
- 0.3 cup mayonnaise
- 0.3 cup yogurt plain

0.5 teaspoon salt

Equipment

food processor

grill

Directions

Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 to 400 (medium-high) heat.

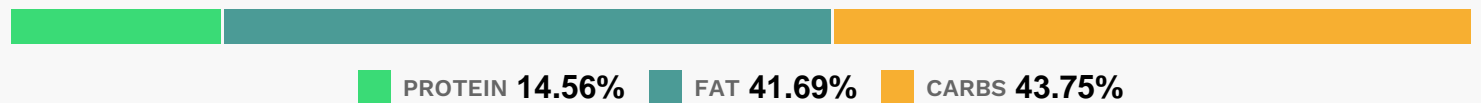
Place garlic, pepper, and salt in a food processor; process until minced.

Add cottage cheese and next 3 ingredients; process until smooth, stopping to scrape down sides as needed. Stir in adobo sauce. Cover and chill until ready to serve (up to 24 hours).

Grill corn, covered with grill lid, 10 minutes or until tender, turning often.

Serve corn with sauce.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:6.3356521881145%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 159.57kcal (7.98%), Fat: 7.97g (12.25%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 16.78g (6.1%), Sugar: 6.88g (7.65%), Cholesterol: 8.4mg (2.8%), Sodium: 397.08mg (17.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.52%), Phosphorus: 132.21mg (13.22%), Vitamin K: 13.31µg (12.67%), Folate: 42.22µg (10.56%), Vitamin B1: 0.15mg (10.11%), Magnesium: 36.85mg (9.21%), Vitamin B5: 0.84mg (8.41%), Potassium: 290.38mg (8.3%), Vitamin B3: 1.64mg (8.19%), Manganese: 0.16mg (8.15%), Fiber: 2.03g (8.1%), Vitamin C: 6.56mg (7.96%), Vitamin B2: 0.11mg (6.25%), Vitamin B6: 0.11mg (5.44%), Selenium: 3.55µg (5.07%), Vitamin A: 252.45IU (5.05%), Zinc: 0.59mg (3.92%), Calcium: 35.96mg (3.6%), Iron: 0.59mg (3.29%), Copper: 0.06mg (3.09%), Vitamin B12: 0.15µg (2.49%), Vitamin E: 0.35mg (2.32%)