



Grilled Corn with Creamy Chipotle Sauce

 Vegetarian  Gluten Free

READY IN

ready

25 min.

SERVINGS

servings

8

CALORIES

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.

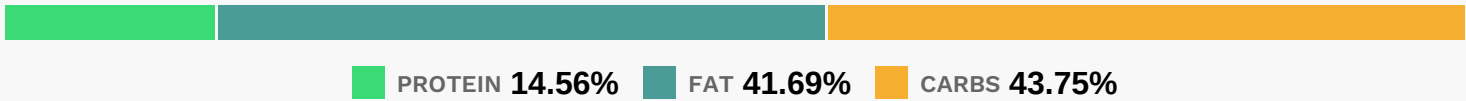
☐ Place garlic, pepper, and salt in a food processor; process until minced.

☐ 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: Og (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%)