



Grilled Corn with Feta and Lime



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon chili powder to taste
- ☐ 4 ears of corn
- ☐ 2 ounce feta cheese
- ☐ 1 juice of lime
- ☐ 4 servings kosher salt to taste
- ☐ 4 servings lime wedges as needed
- ☐ 2 tablespoon mayonnaise

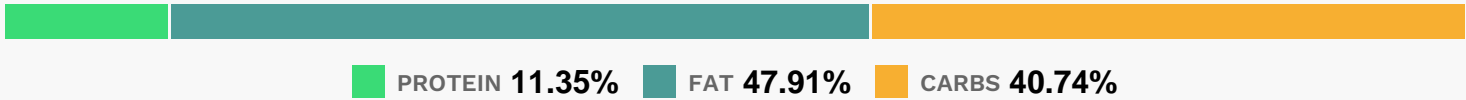
Equipment

- ☐ grill
- ☐ kitchen towels

Directions

- ☐ Heat the grill to high. Soak corn in cold water for 10 minute, turning occasionally. Peel back the husks of the corn without removing them completely.
- ☐ Remove as much of the silks as you can. Return the husks to as close to their original place as possible.
- ☐ Transfer to grill. Cover; cook, turning often, until husks are charred, 10 minutes.
- ☐ Remove. Using a kitchen towel, pull back husks.
- ☐ Combine mayonnaise, lime juice, and chili powder; brush onto the partially cooked corn. Return corn to grill (with husks pulled back and off heat). Cover; cook, turning often and brushing with more chili-lime sauce as needed, until kernels are charred in spots, 10 to 15 minutes.
- ☐ Remove to a serving plate and dust with finely grated feta cheese. Season with coarse salt and serve with lime wedges on the side.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:6.9491304819999%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 165.09kcal (8.25%), Fat: 9.52g (14.65%), Saturated Fat: 3g (18.75%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 16.32g (5.93%), Sugar: 5.83g (6.47%), Cholesterol: 15.56mg (5.19%), Sodium: 415.55mg (18.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.16%), Phosphorus: 130.94mg (13.09%), Vitamin K: 12.12µg (11.54%), Vitamin B1: 0.16mg (10.97%), Folate: 43.55µg (10.89%), Vitamin C: 8.66mg (10.5%), Vitamin B2: 0.17mg (10.17%), Magnesium: 36.91mg (9.23%), Vitamin B3: 1.76mg (8.8%), Vitamin B5: 0.81mg (8.07%), Manganese: 0.16mg (7.76%), Fiber: 1.9g (7.61%), Potassium: 265.46mg (7.58%), Vitamin B6: 0.15mg (7.51%), Calcium: 74.15mg

(7.42%), Zinc: 0.85mg (5.64%), Vitamin A: 273.98IU (5.48%), Vitamin B12: 0.25µg (4.13%), Selenium: 2.86µg (4.09%), Iron: 0.61mg (3.39%), Copper: 0.06mg (2.93%), Vitamin E: 0.38mg (2.56%)