



## Grilled Corn with Honey-Ginger Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



262 kcal

SIDE DISH

### Ingredients



1.3 cups barbecue sauce



16 ears corn



1 teaspoon salt



2 tablespoons vegetable oil

### Equipment



bowl



baking sheet

- ☐ grill
- ☐ aluminum foil

## Directions

- ☐ Prepare Honey–Ginger Barbecue Sauce and divide equally into two bowls.
- ☐ Prepare grill for direct–heat cooking over medium–hot charcoal (medium–high for gas); see Grilling Procedure..
- ☐ Drizzle corn with oil on a large rimmed baking sheet, and sprinkle evenly with salt. Lightly rub oil and salt into corn.
- ☐ Oil grill rack, then grill corn (covered only if using gas), turning frequently, until lightly browned and tender, 6 to 8 minutes. Move corn to different positions on grill if hot spots are present.
- ☐ Brush corn with some of prepared sauce and grill, turning, until sauce is hot, 1 to 2 minutes.
- ☐ Serve with reserved sauce.
- ☐ •Corn can be shucked 2 hours ahead. •If grilling both the corn and the Grilled Shrimp with Honey–Ginger Barbecue Sauce grill the corn first, then keep it warm on a tray loosely covered with foil. If you are using hardwood charcoal, you don't want more than about 1 layer of charcoal for the corn because more will cause it to burn before it cooks through. When the corn is done, add more charcoal to grill the shrimp.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:10.078261007433%

## Nutrients (% of daily need)

Calories: 261.72kcal (13.09%), Fat: 6.11g (9.4%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 51.89g (17.3%), Net Carbohydrates: 47.89g (17.41%), Sugar: 26.1g (29%), Cholesterol: 0mg (0%), Sodium: 777.97mg (33.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.5%), Vitamin B1: 0.29mg (19.29%), Folate: 76.49µg (19.12%), Magnesium: 72.42mg (18.1%), Manganese: 0.35mg (17.52%), Vitamin B3: 3.45mg (17.26%), Phosphorus: 169.14mg (16.91%), Potassium: 589.73mg (16.85%), Fiber: 4g (16.01%), Vitamin C: 12.51mg (15.16%), Vitamin B5: 1.36mg (13.64%), Vitamin B6: 0.2mg (10.05%), Vitamin A: 436.7IU (8.73%), Vitamin B2: 0.12mg (7.3%), Vitamin K: 7.6µg (7.24%), Iron: 1.23mg (6.81%), Copper: 0.13mg (6.48%), Zinc: 0.9mg (6.03%), Vitamin E: 0.76mg (5.08%), Selenium: 1.66µg (2.37%), Calcium: 18.53mg (1.85%)