



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%)