



Grilled Corn with Maple and Chipotle



Vegetarian



Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



520 kcal

SIDE DISH

Ingredients

- ☐ 4 servings canola oil
- ☐ 2 chipotle chiles in adobo pureed
- ☐ 8 ears corn
- ☐ 2 cloves garlic chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup grade b maple syrup
- ☐ 5 tablespoons butter unsalted

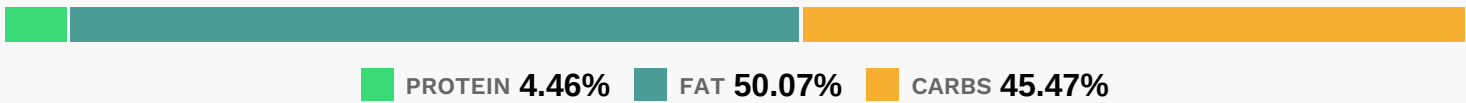
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Peel away the outer husks on the corn without actually removing them.
- ☐ Remove the inner silky threads, then wrap the outer husk back around the ear. Soak the ears in water for 1 hour.
- ☐ In a small saucepan, combine the maple syrup, butter, chiles and garlic and season with salt and pepper. Allow to simmer over medium heat for about 8 minutes.
- ☐ Remove from the heat and keep warm.
- ☐ Preheat a grill for medium heat. Grill the corn, turning occasionally, until the kernels are slightly charred, about 20 minutes.
- ☐ Brush with the maple butter.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:10.05, Inflammation Score:-7, Nutrition Score:14.753478091696%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 520.2kcal (26.01%), Fat: 30.64g (47.13%), Saturated Fat: 10.61g (66.3%), Carbohydrates: 62.6g (20.87%), Net Carbohydrates: 58.19g (21.16%), Sugar: 35.91g (39.9%), Cholesterol: 37.63mg (12.54%), Sodium: 32.9mg (1.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Manganese: 1.26mg (62.88%), Vitamin B2: 0.62mg (36.35%), Vitamin B1: 0.31mg (20.64%), Vitamin E: 2.98mg (19.89%), Folate: 76.19µg (19.05%), Magnesium: 75.95mg (18.99%), Fiber: 4.41g (17.63%), Potassium: 588.11mg (16.8%), Phosphorus: 166.85mg (16.69%), Vitamin B3: 3.24mg (16.19%), Vitamin A: 774.98IU (15.5%), Vitamin C: 12.71mg (15.4%), Vitamin B5: 1.32mg (13.2%), Vitamin K: 11.94µg (11.37%), Vitamin B6: 0.19mg (9.34%), Zinc: 1.14mg (7.63%), Iron: 1.2mg (6.66%), Calcium: 54.83mg (5.48%), Copper: 0.11mg (5.29%), Selenium: 1.47µg (2.1%), Vitamin D: 0.26µg (1.75%)