



Grilled Corn with Maple Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 6 ears corn fresh with husks
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons maple syrup
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup freshly tea unsweetened brewed
- ☐ 0.3 cup vegetable oil

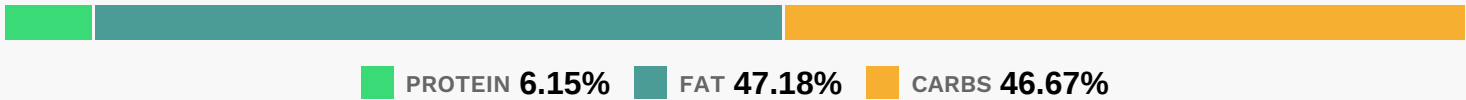
Equipment

- ☐ mixing bowl
- ☐ grill

Directions

- ☐ Remove heavy outer husks from corn; pull back inner husks.
- ☐ Remove and discard silks. Cover corn with water; let stand 30 minutes. (Keeps husks from burning.)
- ☐ Drain corn, and pat dry. Pull husks over corn.
- ☐ Stir together tea and next 6 ingredients in a small mixing bowl.
- ☐ Grill corn, covered with grill lid, over medium heat (300 to 350
- ☐ degrees Fahrenheit) for 10 to 15 minutes. Carefully pull back husks, leaving attached.
- ☐ Brush kernels with vinaigrette.
- ☐ Serve with remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:2.38, Inflammation Score:-4, Nutrition Score:6.0913043799608%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg Theaflavin: 0.16mg, Theaflavin: 0.16mg, Theaflavin: 0.16mg, Theaflavin: 0.16mg Thearubigins: 7.99mg, Thearubigins: 7.99mg, Thearubigins: 7.99mg, Thearubigins: 7.99mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg

gallate: 0.15mg, Theaflavin-3'-gallate: 0.15mg, Theaflavin-3'-gallate: 0.15mg, Theaflavin-3'-gallate: 0.15mg
Galocatechin: 0.12mg, Galocatechin: 0.12mg, Galocatechin: 0.12mg, Galocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 183.79kcal (9.19%), Fat: 10.3g (15.85%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 21.1g (7.67%), Sugar: 10.83g (12.03%), Cholesterol: 0mg (0%), Sodium: 113.23mg (4.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.05%), Manganese: 0.35mg (17.56%), Vitamin K: 17.12µg (16.3%), Vitamin B1: 0.14mg (9.67%), Folate: 38.32µg (9.58%), Magnesium: 36.22mg (9.06%), Phosphorus: 82.61mg (8.26%), Vitamin B2: 0.14mg (8.01%), Vitamin B3: 1.6mg (8.01%), Potassium: 273.73mg (7.82%), Vitamin C: 6.28mg (7.61%), Fiber: 1.83g (7.33%), Vitamin B5: 0.65mg (6.51%), Vitamin E: 0.81mg (5.38%), Vitamin B6: 0.09mg (4.51%), Vitamin A: 168.8IU (3.38%), Zinc: 0.48mg (3.17%), Iron: 0.55mg (3.08%), Copper: 0.05mg (2.72%), Calcium: 12.56mg (1.26%)