



WHATSHeATE



Grilled Corn with Onion and Cheese



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 0.3 lb butter melted
- ☐ 8 ears corn ()
- ☐ 0.8 cup onion very thinly sliced
- ☐ 0.5 cup parmesan cheese grated
- ☐ 10 servings salt and pepper

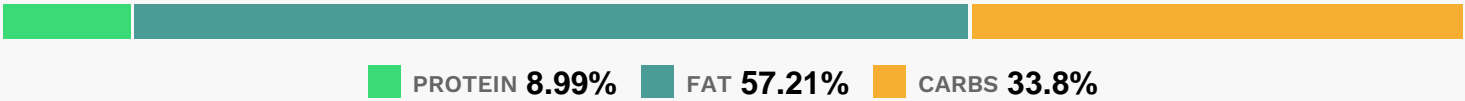
Equipment

- ☐ grill

Directions

- ☐ Soak corn in water to cover at least 30 minutes or up to 4 hours.
- ☐ Remove 3 or 4 pieces of husk from 1 or 2 corn ears; tear these pieces lengthwise into 1/4-inch-wide strips (you'll need at least 16 to 20 strips).
- ☐ Pull back but don't remove the husk on each ear. Discard corn silk.
- ☐ Brush each ear lightly with butter and sprinkle with 1 tablespoon cheese. Pull husk up on 1 side of each ear and set husk-covered side on a flat surface. Arrange equal portions of onion slices on corn; pull remaining husk up to enclose onion and corn. Tie tip end of each ear with a husk strip (knot strips if pieces are too short). Tie another husk strip around center of each ear.
- ☐ Lay corn on a barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds). Close lid on gas grill. Cook, turning often, until corn is hot, about 20 minutes.
- ☐ Pull open husks and season corn with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:4.962608649031%

Flavonoids

Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 169.3kcal (8.47%), Fat: 11.51g (17.71%), Saturated Fat: 2.91g (18.17%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 13.66g (4.97%), Sugar: 5.02g (5.58%), Cholesterol: 4.35mg (1.45%), Sodium: 399.5mg (17.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Vitamin A: 583.75IU (11.68%), Phosphorus: 101.87mg (10.19%), Folate: 32.93µg (8.23%), Vitamin B1: 0.12mg (7.97%), Magnesium: 29.94mg (7.48%), Vitamin C: 5.81mg (7.04%), Manganese: 0.14mg (6.88%), Fiber: 1.64g (6.58%), Vitamin B3: 1.29mg (6.47%), Potassium: 225.92mg (6.45%), Vitamin B5: 0.56mg (5.57%), Calcium: 51.92mg (5.19%), Vitamin B6: 0.09mg (4.32%), Zinc: 0.57mg (3.79%), Vitamin B2: 0.06mg (3.78%), Selenium: 2.24µg (3.2%), Vitamin E: 0.43mg (2.87%), Iron: 0.42mg (2.35%), Copper: 0.05mg (2.29%), Vitamin B12: 0.08µg (1.31%)