



Grilled Corn with Soy Sauce and Mirin

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

Ingredients

- 6 ears corn
- 1 tablespoon mirin
- 3 tablespoons soya sauce

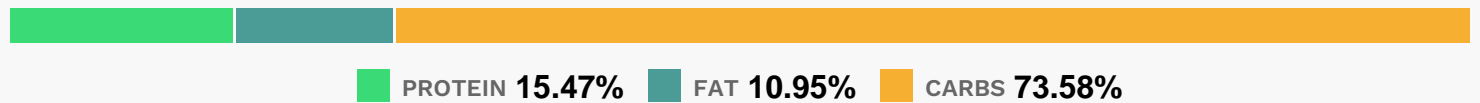
Equipment

- bowl
- grill

Directions

- Combine the soy sauce and mirin in a small bowl; set aside.
- Heat an outdoor grill to medium high (about 375°F to 425°F). Before grilling the corn, carefully peel back the husks of each ear a little more than halfway.
- Remove as much silk as you can without pulling the husks off. Pull the husks back up.
- Place the corn on the grill and cover the grill. Rotate the corn a quarter turn every 5 minutes until the husks are charred, about 20 minutes total. (If your grill has hot spots, move the cobs around so they grill evenly.)
- Remove the corn from the grill and set it aside until cool enough to handle. When the corn has cooled, peel the husks back completely but don't detach them, so that you've turned them inside out to form a handle. Return the corn to the grill and brush the ears with the reserved soy sauce mixture. Grill until the kernels begin to caramelize and brown, rotating the corn a quarter turn every 30 seconds and brushing with more of the mixture, about 2 minutes total.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:4.7978260789229%

Nutrients (% of daily need)

Calories: 86.96kcal (4.35%), Fat: 1.22g (1.88%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 16.63g (6.05%), Sugar: 6.45g (7.17%), Cholesterol: 0mg (0%), Sodium: 537.91mg (23.39%), Alcohol: 0.28g (100%), Alcohol %: 0.35% (100%), Protein: 3.89g (7.78%), Folate: 39.42µg (9.85%), Vitamin B3: 1.95mg (9.74%), Vitamin B1: 0.14mg (9.65%), Manganese: 0.19mg (9.58%), Magnesium: 36.9mg (9.22%), Phosphorus: 91.8mg (9.18%), Potassium: 262.08mg (7.49%), Fiber: 1.87g (7.49%), Vitamin C: 6.12mg (7.42%), Vitamin B5: 0.68mg (6.79%), Vitamin B6: 0.1mg (5.09%), Iron: 0.68mg (3.79%), Vitamin B2: 0.06mg (3.72%), Vitamin A: 168.3IU (3.37%), Copper: 0.06mg (3.04%), Zinc: 0.45mg (3.02%)