



Grilled Corn with Spicy Lime Mayo

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

Ingredients

- 4 ears corn on the cob
- 1 green onion chopped
- 0.5 tsp ground pepper red (cayenne)
- 4 tsp juice of lime
- 0.3 cup real mayo mayonnaise kraft
- 2 Tbsp parmesan cheese grated kraft

Equipment

- bowl

grill

Directions

- Heat grill to medium heat.
- Grill corn 15 min. or until tender, turning occasionally. Cool completely.
- Cut kernels from corn.
- Mix remaining ingredients in medium bowl. Stir in corn.

Nutrition Facts

PROTEIN 7.86% **FAT 56.08%** **CARBS 36.06%**

Properties

Glycemic Index:19, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:4.3921739225802%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 124.03kcal (6.2%), Fat: 8.29g (12.75%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 10.69g (3.89%), Sugar: 3.93g (4.37%), Cholesterol: 5.37mg (1.79%), Sodium: 97.86mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.23%), Vitamin K: 19.7µg (18.76%), Folate: 27.54µg (6.88%), Phosphorus: 67.57mg (6.76%), Vitamin C: 5.57mg (6.75%), Vitamin B1: 0.1mg (6.45%), Magnesium: 23.77mg (5.94%), Vitamin B3: 1.09mg (5.46%), Manganese: 0.11mg (5.33%), Fiber: 1.31g (5.22%), Potassium: 179.37mg (5.12%), Vitamin B5: 0.46mg (4.57%), Vitamin A: 216.71IU (4.33%), Vitamin B6: 0.06mg (3.2%), Vitamin E: 0.42mg (2.8%), Vitamin B2: 0.04mg (2.59%), Zinc: 0.38mg (2.51%), Iron: 0.38mg (2.13%), Copper: 0.04mg (1.9%), Calcium: 18.81mg (1.88%), Selenium: 1.19µg (1.7%)