



## Grilled Mexican Corn with Crema

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



101 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 teaspoon chipotle chili powder
- 0.3 cup crema mexicana
- 6 ears corn
- 6 lime wedges
- 0.5 teaspoon salt

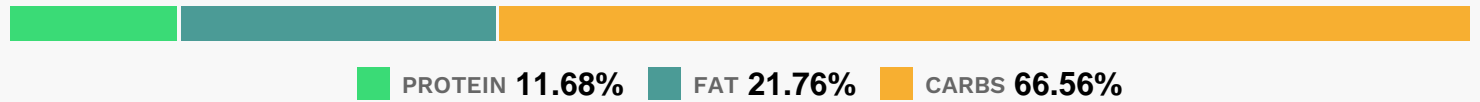
### Equipment

- grill

## Directions

- Prepare grill.
- Combine first 3 ingredients.
- Place corn on a grill rack coated with cooking spray; cook 12 minutes or until corn is lightly browned, turning frequently.
- Place corn on a platter; drizzle with crema.
- Sprinkle with chipotle mixture.
- Garnish with lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:10.67, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:5.2726087155549%

## Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 101.35kcal (5.07%), Fat: 2.84g (4.36%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 17.1g (6.22%), Sugar: 6.27g (6.97%), Cholesterol: 5.21mg (1.74%), Sodium: 253.74mg (11.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.85%), Vitamin C: 11.36mg (13.77%), Folate: 39.34µg (9.84%), Fiber: 2.43g (9.72%), Vitamin B1: 0.15mg (9.72%), Magnesium: 34.95mg (8.74%), Phosphorus: 84.41mg (8.44%), Vitamin B3: 1.67mg (8.34%), Manganese: 0.16mg (7.98%), Potassium: 268.45mg (7.67%), Vitamin B5: 0.69mg (6.88%), Vitamin A: 320.61IU (6.41%), Vitamin B6: 0.1mg (4.93%), Iron: 0.64mg (3.55%), Vitamin B2: 0.06mg (3.31%), Copper: 0.06mg (3.22%), Zinc: 0.45mg (2.99%), Calcium: 24.88mg (2.49%), Vitamin E: 0.23mg (1.53%)