



Grilled Mexican Street Corn

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



545 kcal

SIDE DISH

Ingredients

- 3 tablespoons spicy chili sauce
- 6 ears corn on the cob fresh
- 6 servings cilantro leaves fresh for garnish
- 2 juice of lime
- 0.5 cup kosher salt
- 6 servings lime wedges for garnish
- 2 lime zest
- 1.5 cups mayonnaise

1 cup monterey jack shredded plus more for garnish, optional

Equipment

bowl

whisk

grill

Directions

Preheat a grill to medium-high heat.

Add the kosher salt and lime zest to a spice grinder. Pulse a few times to combine. Set aside in a small bowl.

For the spicy mayonnaise: In a bowl, whisk the mayonnaise, chili sauce and lime juice together until combined. Set aside.

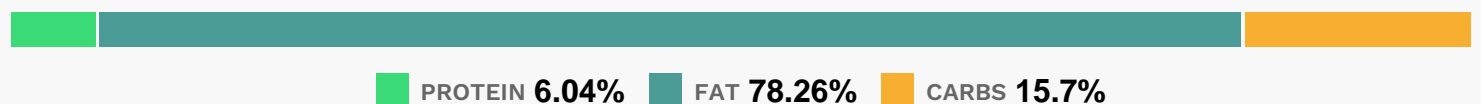
For the corn: Grill the corn until lightly charred on all sides.

Cut the ears in half and transfer to a large bowl. Toss with the Monterey Jack and some of the spicy mayonnaise to coat, using more or less mayonnaise to your liking.

Stack the corn on a large plate and sprinkle with the lime salt.

Garnish with lime wedges, cilantro leaves and extra cheese if you like.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:12.715217341547%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 10.93mg, Hesperetin: 10.93mg, Hesperetin: 10.93mg, Hesperetin: 10.93mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 544.87kcal (27.24%), Fat: 48.89g (75.21%), Saturated Fat: 10.45g (65.32%), Carbohydrates: 22.06g (7.35%), Net Carbohydrates: 19.38g (7.05%), Sugar: 7.61g (8.45%), Cholesterol: 40.28mg (13.43%), Sodium:

10014.42mg (435.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.98%), Vitamin K: 92.92µg (88.5%), Vitamin C: 17.14mg (20.77%), Phosphorus: 185.03mg (18.5%), Calcium: 163.28mg (16.33%), Vitamin E: 2.17mg (14.46%), Folate: 47.59µg (11.9%), Vitamin B1: 0.16mg (10.95%), Fiber: 2.68g (10.7%), Magnesium: 42.31mg (10.58%), Potassium: 335.17mg (9.58%), Manganese: 0.18mg (9.06%), Vitamin B3: 1.79mg (8.96%), Vitamin B2: 0.15mg (8.54%), Vitamin A: 423.94IU (8.48%), Vitamin B5: 0.84mg (8.45%), Zinc: 1.13mg (7.56%), Selenium: 4.77µg (6.81%), Vitamin B6: 0.13mg (6.45%), Iron: 1.01mg (5.62%), Copper: 0.1mg (5.02%), Vitamin B12: 0.22µg (3.73%), Vitamin D: 0.22µg (1.5%)