



Grilled Oaxacan Corn

 Vegetarian  Gluten Free

READY IN



19 min.

SERVINGS



7

CALORIES



123 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon cayenne pepper
- 4 ears corn
- 0.3 cup cilantro leaves fresh chopped for garnish, optional
- 1.5 tablespoons juice of lime
- 3 tablespoons olive oil
- 2 oz queso fresco crumbled
- 7 servings salt

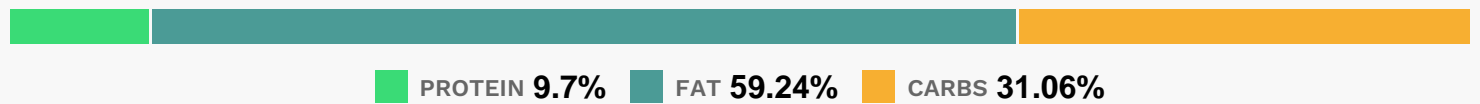
Equipment

- bowl
- whisk
- grill

Directions

- Preheat grill to medium-high.
- Whisk lime juice, 1 1/2 Tbsp. oil and cayenne in a small bowl. Season with salt.
- Brush corn with remaining 1 1/2 Tbsp. oil and grill, turning a few times, until kernels give slightly when pressed and turn deeper yellow, about 12 minutes.
- Remove corn from grill to a serving platter and brush with lime juice mixture. Crumble queso fresco on top and sprinkle with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:9.14, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:4.000000010366%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 122.65kcal (6.13%), Fat: 8.64g (13.29%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 9.11g (3.31%), Sugar: 3.47g (3.86%), Cholesterol: 5.59mg (1.86%), Sodium: 262.8mg (11.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Phosphorus: 77.89mg (7.79%), Vitamin E: 0.97mg (6.48%), Folate: 22.92µg (5.73%), Vitamin C: 4.67mg (5.66%), Vitamin B1: 0.08mg (5.64%), Vitamin K: 5.7µg (5.42%), Magnesium: 21.49mg (5.37%), Calcium: 47.99mg (4.8%), Vitamin B3: 0.93mg (4.65%), Vitamin A: 231.34IU (4.63%), Potassium: 157.58mg (4.5%), Manganese: 0.09mg (4.5%), Fiber: 1.08g (4.31%), Vitamin B5: 0.41mg (4.05%), Zinc: 0.45mg (3.02%), Vitamin B6: 0.06mg (2.89%), Selenium: 1.89µg (2.7%), Vitamin B2: 0.04mg (2.61%), Vitamin B12: 0.14µg (2.27%), Iron: 0.34mg (1.87%), Copper: 0.03mg (1.65%), Vitamin D: 0.22µg (1.46%)