



## Grilled Southwestern Corn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



120 kcal

SIDE DISH

### Ingredients

- 4 medium ears corn fresh
- 0.3 teaspoon salt
- 2 teaspoons cilantro leaves fresh finely chopped
- 1 tablespoon canola oil
- 0.3 teaspoon ground cumin
- 0.1 teaspoon garlic powder
- 0.1 teaspoon ground pepper red (cayenne)

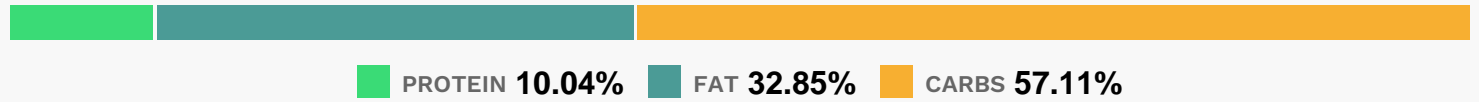
### Equipment

- bowl
- frying pan
- grill

## Directions

- Heat gas or charcoal grill. Carefully brush grill rack with canola oil.
- Place corn directly on grill over medium-high heat. Cover grill; cook 8 to 10 minutes, turning occasionally, until lightly browned on all sides.
- Meanwhile, in small bowl, mix salt and cilantro; set aside.
- In 8-inch nonstick skillet, mix 1 tablespoon oil and the cumin. Cook over medium heat about 30 seconds, stirring frequently, until fragrant. Stir in garlic powder and red pepper.
- Brush cumin mixture over hot corn; sprinkle with cilantro-salt mixture.

## Nutrition Facts



## Properties

Glycemic Index:18.5, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:5.2699999822223%

## Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 119.65kcal (5.98%), Fat: 4.92g (7.56%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 17.15g (6.24%), Sugar: 6.4g (7.11%), Cholesterol: 0mg (0%), Sodium: 160.95mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Folate: 42.99µg (10.75%), Vitamin B1: 0.16mg (10.64%), Magnesium: 38.38mg (9.6%), Phosphorus: 92mg (9.2%), Vitamin B3: 1.82mg (9.09%), Manganese: 0.17mg (8.66%), Vitamin C: 7.01mg (8.49%), Fiber: 2.08g (8.32%), Potassium: 280.3mg (8.01%), Vitamin B5: 0.73mg (7.32%), Vitamin B6: 0.1mg (4.93%), Vitamin E: 0.71mg (4.72%), Vitamin A: 221.71IU (4.43%), Iron: 0.63mg (3.48%), Vitamin B2: 0.06mg (3.37%), Zinc: 0.48mg (3.2%), Vitamin K: 3.01µg (2.87%), Copper: 0.06mg (2.86%)