



Grilled Spicy Corn

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



131 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter melted
- 4 ears corn with husks
- 1 tablespoon lemon pepper (from 1-oz package)

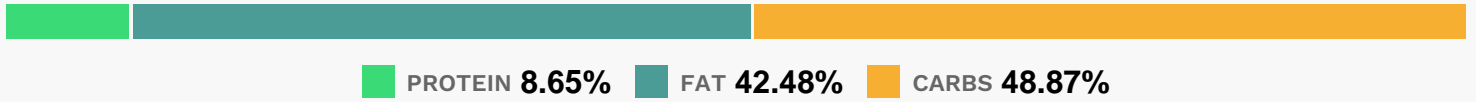
Equipment

- grill

Directions

- Heat coals or gas grill for direct heat.
- Mix butter and taco seasoning mix. Carefully pull back husk of each ear of corn; remove silk.
- Spread butter mixture over corn. Pull husks back over ears; tie husks securely with thin piece of husk or string.
- Cover and grill corn 4 to 5 inches from medium heat 20 to 30 minutes, turning frequently, until tender.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:5.4078260812423%

Nutrients (% of daily need)

Calories: 131.49kcal (6.57%), Fat: 6.9g (10.61%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 15.67g (5.7%), Sugar: 5.64g (6.27%), Cholesterol: 0mg (0%), Sodium: 79.81mg (3.47%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Manganese: 0.34mg (16.9%), Folate: 38.13µg (9.53%), Vitamin B1: 0.14mg (9.45%), Magnesium: 36.08mg (9.02%), Fiber: 2.18g (8.72%), Vitamin A: 426.89IU (8.54%), Phosphorus: 84.08mg (8.41%), Vitamin B3: 1.61mg (8.06%), Potassium: 265.88mg (7.6%), Vitamin C: 6.13mg (7.44%), Vitamin B5: 0.67mg (6.72%), Vitamin B6: 0.09mg (4.43%), Copper: 0.07mg (3.43%), Iron: 0.61mg (3.41%), Vitamin B2: 0.05mg (3.22%), Zinc: 0.43mg (2.88%), Vitamin K: 2.73µg (2.6%), Vitamin E: 0.3mg (1.97%), Calcium: 10.55mg (1.05%)