



## How To Make The Best Elote Of Your Life (Or At Least This Summer)

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings chili powder
- 4 servings chipotle sauce
- 4 servings chipotle sauce canned
- 4 servings regular corn
- 4 servings cilantro leaves fresh chopped
- 4 servings optional: lemon
- 4 servings milk

- 4 servings parmesan
- 4 servings cream sour

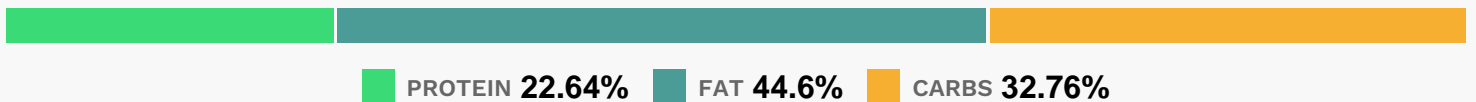
## Equipment

- paper towels
- pot

## Directions

- Bring the milk to a light boil, drop in the corn and let it cook, covered, for about 5 minutes or until the kernels are tender.
- Mix the sour cream with the chipotle, chipotle liquid and lemon juice. Stir together until blended.
- Remove the corn from the pot and pat down with a paper towel. Slather the corn in the sour cream mixture and parmesan cheese.
- Sprinkle the chili powder and cilantro for a final touch. More simple Mexican recipes on Food Republic: Mexican Shrimp Cocktail
- Mango-Tomatillo Guacamole
- Mexican Fried Chicken

## Nutrition Facts



## Properties

Glycemic Index:44.5, Glycemic Load:12.65, Inflammation Score:-8, Nutrition Score:18.019565136536%

## Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 375.95kcal (18.8%), Fat: 19.43g (29.9%), Saturated Fat: 10.91g (68.16%), Carbohydrates: 32.12g (10.71%), Net Carbohydrates: 28.81g (10.48%), Sugar: 17.03g (18.92%), Cholesterol: 56.76mg (18.92%), Sodium: 612.52mg (26.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.19g (44.39%), Calcium: 678.24mg (67.82%), Phosphorus: 530.22mg (53.02%), Vitamin B2: 0.52mg (30.63%), Vitamin A: 1508.14IU (30.16%), Vitamin B12: 1.7µg (28.38%), Vitamin D: 2.83µg (18.89%), Potassium: 625.64mg (17.88%), Selenium: 12.42µg (17.74%), Vitamin B5: 1.73mg (17.28%), Magnesium: 67.27mg (16.82%), Vitamin B6: 0.34mg (16.79%), Zinc: 2.43mg (16.22%), Vitamin B1: 0.23mg (15.35%), Fiber: 3.31g (13.26%), Vitamin C: 8.09mg (9.81%), Vitamin B3: 1.88mg (9.42%), Manganese: 0.18mg (9.11%), Vitamin E: 1.08mg (7.19%), Iron: 0.99mg (5.5%), Folate: 21.92µg (5.48%), Vitamin K: 4.15µg (3.96%), Copper: 0.07mg (3.74%)