



Jamie's Sweet and Easy Corn on the Cob

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



93 kcal

SIDE DISH

Ingredients

- 6 ears corn on the cob
- 1 tablespoon juice of lemon
- 2 tablespoons sugar white



Equipment

- pot

Directions

Fill a large pot about 3/4 full of water and bring to a boil. Stir in sugar and lemon juice, dissolving the sugar. Gently place ears of corn into boiling water, cover the pot, turn off the heat, and let the corn cook in the hot water until tender, about 10 minutes.

Nutrition Facts

 **PROTEIN 11.05%**  **FAT 10.39%**  **CARBS 78.56%**

Properties

Glycemic Index:11.68, Glycemic Load:2.79, Inflammation Score:-3, Nutrition Score:4.3534782120715%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 93.35kcal (4.67%), Fat: 1.23g (1.9%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 19.18g (6.97%), Sugar: 9.69g (10.77%), Cholesterol: 0mg (0%), Sodium: 13.56mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Folate: 38.3µg (9.57%), Vitamin B1: 0.14mg (9.34%), Vitamin C: 7.09mg (8.59%), Magnesium: 33.45mg (8.36%), Phosphorus: 80.3mg (8.03%), Vitamin B3: 1.6mg (7.98%), Manganese: 0.15mg (7.36%), Fiber: 1.81g (7.23%), Potassium: 245.65mg (7.02%), Vitamin B5: 0.65mg (6.49%), Vitamin B6: 0.08mg (4.24%), Vitamin A: 168.45IU (3.37%), Vitamin B2: 0.05mg (2.98%), Zinc: 0.42mg (2.77%), Iron: 0.47mg (2.62%), Copper: 0.05mg (2.46%)