



Jerk-Grilled Corn on the Cob



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 4 ears corn with husks
- ☐ 0.8 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 teaspoon salt

☐ 2 teaspoons stick margarine melted

Equipment

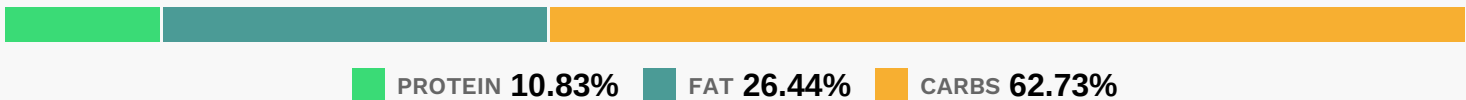
☐ bowl

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 7 ingredients in a small bowl; set aside.
- ☐ Pull husks back from corn, and scrub silks.
- ☐ Brush butter over corn; sprinkle with spice mixture.
- ☐ Place corn on grill rack; grill 12 minutes or until done, turning occasionally.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:5.0391303913101%

Nutrients (% of daily need)

Calories: 98.55kcal (4.93%), Fat: 3.31g (5.09%), Saturated Fat: 0.76g (4.72%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 15.49g (5.63%), Sugar: 5.69g (6.32%), Cholesterol: 0mg (0%), Sodium: 327.9mg (14.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Manganese: 0.25mg (12.44%), Folate: 38.52µg (9.63%), Vitamin B1: 0.14mg (9.45%), Magnesium: 35.06mg (8.77%), Fiber: 2.17g (8.66%), Phosphorus: 82.35mg (8.23%), Vitamin B3: 1.62mg (8.12%), Vitamin C: 6.4mg (7.75%), Potassium: 255.12mg (7.29%), Vitamin B5: 0.65mg (6.52%), Vitamin A: 291.47IU (5.83%), Vitamin B6: 0.09mg (4.41%), Iron: 0.71mg (3.92%), Vitamin B2: 0.05mg (3.08%), Zinc: 0.44mg (2.92%), Copper: 0.06mg (2.88%), Vitamin K: 2.95µg (2.81%), Vitamin E: 0.18mg (1.17%), Calcium: 11.5mg (1.15%)