



Juicy Grilled Corn On The Cob



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



227 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter softened to taste
- ☐ 8 ears corn on the cob
- ☐ 0.5 cup salt
- ☐ 8 servings salt and pepper to taste
- ☐ 1 gallon water cold
- ☐ 0.5 cup sugar white

Equipment

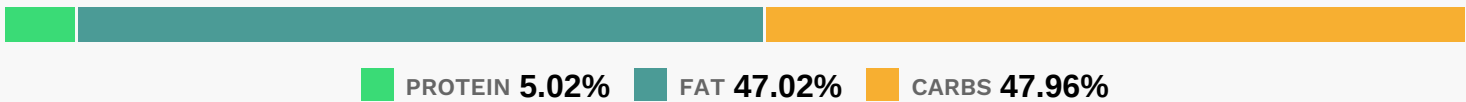
- ☐ pot

☐ grill

Directions

- ☐ Pour the water into a large pot, and stir the sugar and 1/2 cup salt together until dissolved.
- ☐ Place the ears of corn into the pot, and allow to soak at least 30 minutes but no longer than 8 hours.
- ☐ Preheat an outdoor grill for high heat, and lightly oil the grate.
- ☐ Remove the corn from the soak and grill the ears, turning every 2 to 3 minutes to cook the kernels on all sides.
- ☐ Brush the grilled corn with butter, and season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:8.73, Inflammation Score:-5, Nutrition Score:5.21956527881%

Nutrients (% of daily need)

Calories: 227.25kcal (11.36%), Fat: 12.76g (19.63%), Saturated Fat: 7.58g (47.41%), Carbohydrates: 29.29g (9.76%), Net Carbohydrates: 27.49g (10%), Sugar: 18.12g (20.13%), Cholesterol: 30.5mg (10.17%), Sodium: 7395.63mg (321.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.13%), Vitamin A: 522.85IU (10.46%), Magnesium: 38.5mg (9.63%), Folate: 38.23µg (9.56%), Vitamin B1: 0.14mg (9.35%), Phosphorus: 83.5mg (8.35%), Manganese: 0.17mg (8.3%), Vitamin B3: 1.6mg (7.99%), Vitamin C: 6.12mg (7.42%), Fiber: 1.8g (7.2%), Potassium: 248.15mg (7.09%), Vitamin B5: 0.66mg (6.61%), Copper: 0.13mg (6.54%), Vitamin B6: 0.08mg (4.21%), Vitamin B2: 0.06mg (3.34%), Zinc: 0.49mg (3.29%), Iron: 0.54mg (2.99%), Vitamin E: 0.39mg (2.61%), Calcium: 24.03mg (2.4%), Vitamin K: 1.26µg (1.2%), Selenium: 0.78µg (1.11%)