



KRAFT Parmesan Corn on the Cob

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



159 kcal

SIDE DISH

Ingredients

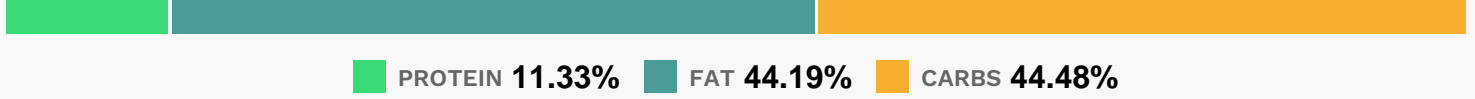
- 2 Tbsp butter
- 4 ears corn on the cob hot cooked
- 4 lime wedges fresh
- 0.3 cup parmesan cheese grated kraft

Equipment

Directions

- Spread corn with butter.
- Sprinkle with cheese.
- Serve with lime wedges to squeeze over the corn.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:6.1091304518606%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 159.44kcal (7.97%), Fat: 8.64g (13.29%), Saturated Fat: 2.43g (15.21%), Carbohydrates: 19.56g (6.52%), Net Carbohydrates: 17.25g (6.27%), Sugar: 5.94g (6.6%), Cholesterol: 5.44mg (1.81%), Sodium: 189.24mg (8.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Vitamin C: 11.37mg (13.78%), Phosphorus: 124.57mg (12.46%), Folate: 39.69µg (9.92%), Vitamin B1: 0.15mg (9.82%), Vitamin A: 481.75IU (9.64%), Fiber: 2.3g (9.22%), Magnesium: 36.78mg (9.19%), Vitamin B3: 1.64mg (8.18%), Potassium: 275.8mg (7.88%), Manganese: 0.15mg (7.67%), Vitamin B5: 0.71mg (7.11%), Calcium: 65.09mg (6.51%), Vitamin B6: 0.1mg (4.86%), Zinc: 0.7mg (4.7%), Vitamin B2: 0.08mg (4.54%), Selenium: 2.8µg (4%), Iron: 0.6mg (3.36%), Copper: 0.06mg (3.14%), Vitamin E: 0.35mg (2.34%), Vitamin B12: 0.09µg (1.52%)