



Mexican Corn on the Cob



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



208 kcal

SIDE DISH

Ingredients

- ☐ 4 ears corn fresh
- ☐ 1 tablespoon butter melted
- ☐ 2 teaspoons juice of lime fresh
- ☐ 6.3 oz taco seasoning
- ☐ 1 oz queso fresco crumbled
- ☐ 1 tablespoon chives fresh chopped

Equipment

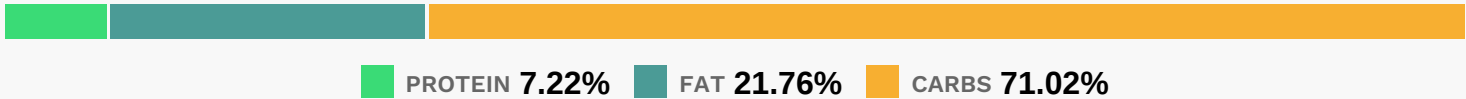
- ☐ bowl

☐ grill

Directions

- ☐ Heat gas or charcoal grill. Carefully brush vegetable oil on grill rack.
- ☐ Place corn directly on grill over medium-high heat. Cover grill; cook 8 to 10 minutes, turning occasionally, until lightly browned on all sides.
- ☐ Meanwhile, in small bowl, mix melted butter, lime juice and 2 teaspoons taco seasoning mix; set aside. In custard cup, mix queso fresco and chives; set aside.
- ☐ Brush cooked corn with butter mixture; sprinkle with queso fresco mixture.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:12.212174047594%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 207.81kcal (10.39%), Fat: 5.75g (8.84%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 42.22g (14.07%), Net Carbohydrates: 32.06g (11.66%), Sugar: 14.17g (15.74%), Cholesterol: 12.42mg (4.14%), Sodium: 3663.12mg (159.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Vitamin A: 4502.21IU (90.04%), Fiber: 10.16g (40.63%), Vitamin C: 27.24mg (33.02%), Iron: 3.49mg (19.37%), Phosphorus: 109.01mg (10.9%), Folate: 39.44µg (9.86%), Vitamin B1: 0.14mg (9.59%), Magnesium: 35.59mg (8.9%), Vitamin B3: 1.6mg (8.02%), Manganese: 0.15mg (7.55%), Potassium: 258.13mg (7.38%), Vitamin B5: 0.68mg (6.8%), Vitamin B6: 0.09mg (4.56%), Calcium: 43.79mg (4.38%), Zinc: 0.61mg (4.04%), Vitamin B2: 0.06mg (3.78%), Selenium: 1.95µg (2.79%), Copper: 0.05mg (2.64%), Vitamin K: 2.2µg (2.09%), Vitamin B12: 0.13µg (2.08%), Vitamin D: 0.19µg (1.28%), Vitamin E: 0.18mg (1.18%)