



Mexican Corn on the Cob (Elote)

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



329 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 0.5 cup cotija cheese grated
- 4 ears corn
- 4 lime wedges
- 0.3 cup mayonnaise

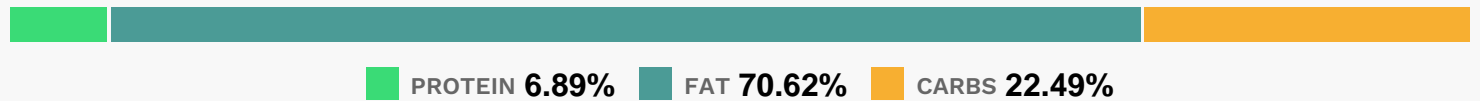
Equipment

- grill

Directions

- Preheat an outdoor grill for medium-high heat.
- Grill corn until hot and lightly charred all over, 7 to 10 minutes, depending on the temperature of the grill.
- Roll the ears in melted butter, then spread evenly with mayonnaise.
- Sprinkle with cotija cheese and serve with a lime wedge.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.68, Inflammation Score:-6, Nutrition Score:8.9282609146574%

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: 329.41kcal (16.47%), Fat: 27.26g (41.94%), Saturated Fat: 11.72g (73.25%), Carbohydrates: 19.54g (6.51%), Net Carbohydrates: 17.23g (6.27%), Sugar: 6.03g (6.7%), Cholesterol: 53.07mg (17.69%), Sodium: 407.74mg (17.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.97%), Vitamin K: 24.53µg (23.36%), Phosphorus: 152.87mg (15.29%), Vitamin C: 11.36mg (13.77%), Vitamin B2: 0.22mg (12.87%), Vitamin A: 620.07IU (12.4%), Vitamin B1: 0.18mg (11.73%), Folate: 46.37µg (11.59%), Calcium: 104.7mg (10.47%), Magnesium: 38.37mg (9.59%), Fiber: 2.3g (9.22%), Vitamin B3: 1.82mg (9.1%), Vitamin B5: 0.91mg (9.05%), Vitamin B6: 0.17mg (8.62%), Potassium: 279.19mg (7.98%), Manganese: 0.15mg (7.72%), Zinc: 1.01mg (6.72%), Vitamin E: 0.92mg (6.16%), Vitamin B12: 0.36µg (5.96%), Selenium: 3.89µg (5.55%), Iron: 0.73mg (4.06%), Copper: 0.07mg (3.45%)