



Mexican Corn on the Cob (Elote)



Gluten Free



Popular

READY IN



45 min.

SERVINGS



1

CALORIES



324 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 serving cayenne pepper to taste
- ☐ 1 cob corn
- ☐ 2 tablespoons cotija cheese crumbled (, or feta or parmigiano reggiano)
- ☐ 1 lime wedges
- ☐ 1 tablespoon mayonnaise

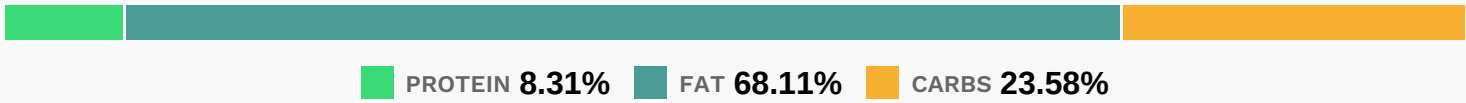
Equipment

- ☐ oven

Directions

- ☐ Bake the corn in a preheated 350F oven for 25 minutes.
- ☐ Let the corn cool until you can handle it and peel the husk back.
- ☐ Spread butter on the corn followed by the mayonnaise.
- ☐ Sprinkle on the cheese and season with cayenne pepper to taste.
- ☐ Serve with a lime wedge.

Nutrition Facts



Properties

Glycemic Index:191, Glycemic Load:0.76, Inflammation Score:-8, Nutrition Score:9.7343478824781%

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: 323.94kcal (16.2%), Fat: 26.01g (40.01%), Saturated Fat: 10.84g (67.73%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 17.41g (6.33%), Sugar: 6.31g (7.01%), Cholesterol: 42.78mg (14.26%), Sodium: 353.58mg (15.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.28%), Vitamin A: 1446.56IU (28.93%), Vitamin K: 25.95µg (24.72%), Phosphorus: 164.9mg (16.49%), Vitamin C: 12.89mg (15.62%), Calcium: 133.58mg (13.36%), Fiber: 2.85g (11.39%), Folate: 43.18µg (10.8%), Magnesium: 42.24mg (10.56%), Vitamin B1: 0.16mg (10.5%), Vitamin E: 1.51mg (10.03%), Manganese: 0.19mg (9.56%), Vitamin B3: 1.84mg (9.18%), Potassium: 317mg (9.06%), Vitamin B5: 0.77mg (7.69%), Vitamin B6: 0.15mg (7.55%), Vitamin B2: 0.11mg (6.59%), Zinc: 0.79mg (5.28%), Selenium: 3.5µg (5%), Iron: 0.85mg (4.7%), Copper: 0.07mg (3.68%), Vitamin B12: 0.16µg (2.68%)