



## Mexican Grilled Corn

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



207 kcal

SIDE DISH

### Ingredients

- 8 ears corn on the cob husked
- 0.5 cup cotija cheese freshly grated
- 1 tablespoon ground ancho chile pepper
- 1 lime sliced
- 0.5 cup mayonnaise
- 1 teaspoon paprika smoked

### Equipment

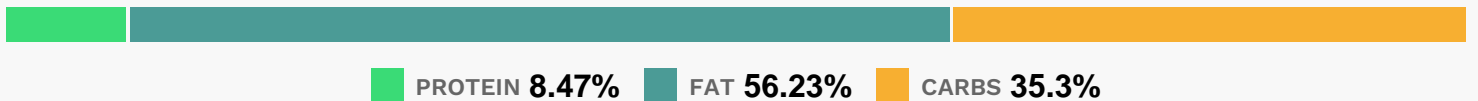
- bowl

- whisk
- pot
- grill

## Directions

- Preheat an outdoor grill for high heat and lightly oil the grate.
- Combine mayonnaise, lime juice, ancho chile powder, and smoked paprika in a bowl; whisk until smooth. Refrigerate until needed.
- Bring a large pot of salted water to a boil. Boil corn in the salted water for 5 minutes.
- Drain the corn.
- Place ears of corn on hot grill and cook until the kernels begin to brown and caramelize, 2 to 3 minutes. Turn the corn and continue to cook, turning ears after 1 to 2 minutes, until they are browned with slightly charred, caramelized spots.
- Generously brush corn with melted butter and ancho-lime mayonnaise until kernels are coated.
- Sprinkle ears with Cotija cheese and salt.
- Garnish with slices of lime.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:0.35, Inflammation Score:-6, Nutrition Score:8.0908696521883%

## Flavonoids

Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 206.65kcal (10.33%), Fat: 13.86g (21.32%), Saturated Fat: 3.2g (20%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 16.93g (6.16%), Sugar: 6.64g (7.38%), Cholesterol: 14.22mg (4.74%), Sodium: 211.29mg (9.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Vitamin K: 25.51µg (24.29%), Vitamin A: 833.88IU (16.68%), Phosphorus: 119.87mg (11.99%), Vitamin C: 9.14mg (11.08%), Folate: 43.24µg (10.81%), Vitamin B1: 0.16mg

(10.68%), Fiber: 2.65g (10.61%), Magnesium: 37.8mg (9.45%), Vitamin B3: 1.89mg (9.44%), Vitamin B2: 0.16mg (9.31%), Potassium: 300.42mg (8.58%), Manganese: 0.17mg (8.51%), Vitamin B5: 0.8mg (8.02%), Vitamin B6: 0.15mg (7.42%), Calcium: 53.31mg (5.33%), Zinc: 0.74mg (4.96%), Vitamin E: 0.69mg (4.59%), Iron: 0.77mg (4.29%), Selenium: 2.38µg (3.4%), Copper: 0.07mg (3.29%), Vitamin B12: 0.18µg (2.92%)