



Mexican Grilled Corn

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



554 kcal

SIDE DISH

Ingredients

- 0.3 cup freshly cilantro leaves chopped
- 4 ears corn
- 1 juice of lime juiced
- 2 limes for garnish cut into wedges,
- 0.5 cup mayonnaise
- 1 cup parmesan freshly grated
- 4 servings chili powder red to taste
- 1.5 cups cup heavy whipping cream sour

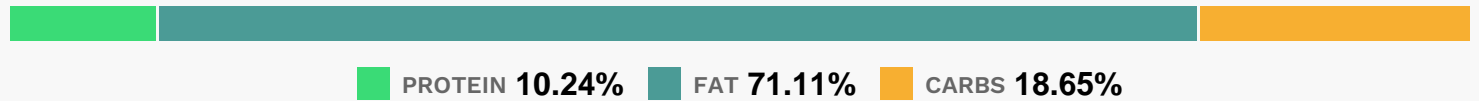
Equipment

- bowl
- frying pan
- grill

Directions

- Watch how to make this recipe.
- Remove the husks of the corn but leave the core attached at the end so you have something to hold onto. Grill the corn on a hot grill or cast iron griddle pan until slightly charred. Turn it so it gets cooked evenly all over.
- Mix the mayonnaise, sour cream and cilantro together. Grate the Parmesan in another bowl. While the corn is still warm slather with mayonnaise mix. Squeeze lime juice over the corn and shower with Parmesan. Season with chili powder and serve with extra lime wedges.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.13, Inflammation Score:-8, Nutrition Score:16.200869809026%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 15.08mg, Hesperetin: 15.08mg, Hesperetin: 15.08mg, Hesperetin: 15.08mg Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 554.37kcal (27.72%), Fat: 45.71g (70.33%), Saturated Fat: 16.44g (102.75%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 23.48g (8.54%), Sugar: 9.78g (10.87%), Cholesterol: 79.65mg (26.55%), Sodium: 652.62mg (28.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.81g (29.62%), Vitamin K: 53.09µg (50.56%), Calcium: 406.53mg (40.65%), Phosphorus: 338.59mg (33.86%), Vitamin A: 1600.07IU (32%), Vitamin C: 19.18mg (23.25%), Vitamin B2: 0.31mg (18.29%), Selenium: 10.56µg (15.08%), Vitamin E: 2.24mg (14.95%), Magnesium: 59.06mg (14.76%), Fiber: 3.49g (13.97%), Potassium: 466.57mg (13.33%), Folate: 50.74µg (12.68%), Vitamin B1: 0.19mg (12.46%), Vitamin B5: 1.2mg (12.02%), Zinc: 1.56mg (10.41%), Vitamin B3: 2.06mg (10.31%), Manganese: 0.21mg (10.27%), Vitamin B6: 0.2mg (10.23%), Vitamin B12: 0.51µg (8.58%), Iron: 1.36mg (7.58%),

Copper: 0.12mg (6.17%), Vitamin D: 0.18 μ g (1.21%)