



Mexican Street Corn



Vegetarian



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons corn oil
- ☐ 4 ears corn sweet
- ☐ 1 teaspoon garlic salt
- ☐ 1 lime quartered
- ☐ 0.5 cup mayonnaise

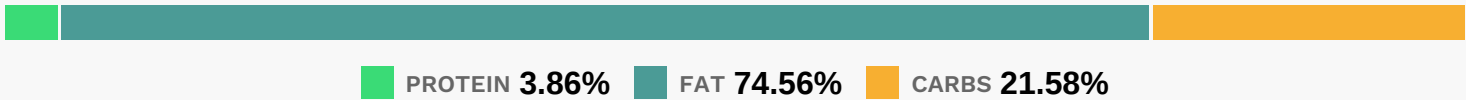
Equipment

- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: grill pan
- ☐ Preheat a grill pan. Rub corn with oil and place on the grill pan, turning corn so all sides are charred, about 6 to 10 minutes. Meanwhile, mix together mayonnaise, chili powder, garlic salt, and black pepper.
- ☐ Remove corn from grill and brush with the mayonnaise mixture.
- ☐ Serve with lime quarters to squeeze over corn.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:8.1152174239573%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 336.37kcal (16.82%), Fat: 29.27g (45.03%), Saturated Fat: 4.15g (25.92%), Carbohydrates: 19.06g (6.35%), Net Carbohydrates: 16.59g (6.03%), Sugar: 6.11g (6.79%), Cholesterol: 11.76mg (3.92%), Sodium: 781.22mg (33.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.81%), Vitamin K: 49.66µg (47.29%), Vitamin E: 2.25mg (14.99%), Vitamin C: 11mg (13.33%), Folate: 40.7µg (10.17%), Vitamin B1: 0.15mg (9.91%), Fiber: 2.47g (9.87%), Phosphorus: 90.65mg (9.07%), Magnesium: 35.52mg (8.88%), Manganese: 0.17mg (8.64%), Vitamin B3: 1.69mg (8.43%), Potassium: 276.88mg (7.91%), Vitamin B5: 0.74mg (7.36%), Vitamin A: 343.67IU (6.87%), Vitamin B6: 0.1mg (5.2%), Iron: 0.73mg (4.05%), Vitamin B2: 0.06mg (3.71%), Copper: 0.07mg (3.58%), Zinc: 0.5mg (3.32%), Selenium: 1.36µg (1.94%), Calcium: 12.02mg (1.2%)