



## Mexican-Style Corn on the Cob

 **Gluten Free**

READY IN



**10 min.**

SERVINGS



**10**

CALORIES



**117 kcal**

**SIDE DISH**

### Ingredients

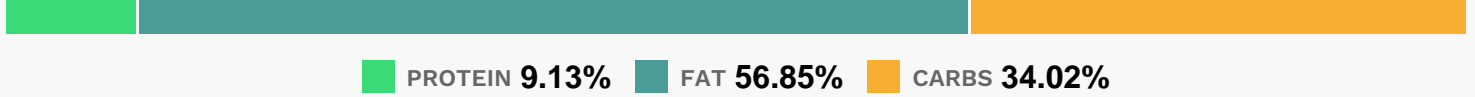
- 0.3 tsp chili powder
- 6 ears corn on the cob hot cooked
- 6 Tbsp real mayo mayonnaise kraft
- 0.3 cup parmesan cheese grated kraft

### Equipment

### Directions

- Sprinkle cheese onto large plate.
- Spread corn with mayo; roll in cheese until evenly coated.
- Sprinkle with chili powder.

## Nutrition Facts



### Properties

Glycemic Index:5, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:3.8086956389572%

### Nutrients (% of daily need)

Calories: 116.97kcal (5.85%), Fat: 7.87g (12.1%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 9.49g (3.45%), Sugar: 3.43g (3.82%), Cholesterol: 6.38mg (2.13%), Sodium: 120.12mg (5.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin K: 13.79µg (13.13%), Phosphorus: 71.13mg (7.11%), Folate: 23.31µg (5.83%), Vitamin B1: 0.09mg (5.71%), Magnesium: 21.33mg (5.33%), Vitamin B3: 0.97mg (4.83%), Manganese: 0.09mg (4.63%), Vitamin C: 3.67mg (4.45%), Potassium: 154.91mg (4.43%), Fiber: 1.1g (4.41%), Vitamin B5: 0.41mg (4.13%), Calcium: 31.43mg (3.14%), Vitamin A: 155.21IU (3.1%), Vitamin B6: 0.05mg (2.75%), Zinc: 0.41mg (2.72%), Vitamin B2: 0.04mg (2.55%), Selenium: 1.69µg (2.42%), Vitamin E: 0.35mg (2.35%), Iron: 0.32mg (1.8%), Copper: 0.03mg (1.64%)