



Microwave Corn on the Cob



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



1

CALORIES



151 kcal

SIDE DISH

Ingredients



1 serving regular corn husked cleaned



1 ear

Equipment



paper towels

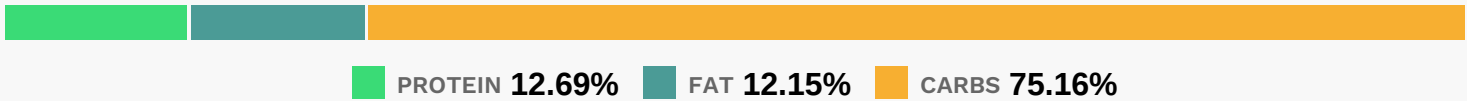


microwave

Directions

Wet a paper towel, and wring out. Wrap the ear of corn in the moist towel, and place on a dinner plate. Cook in the microwave for 5 minutes. Carefully remove paper towel, and enjoy!

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:7.94, Inflammation Score:-5, Nutrition Score:7.6047825852166%

Nutrients (% of daily need)

Calories: 151.32kcal (7.57%), Fat: 2.37g (3.65%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 32.98g (10.99%), Net Carbohydrates: 29.34g (10.67%), Sugar: 9.13g (10.14%), Cholesterol: 0mg (0%), Sodium: 14.27mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.14%), Fiber: 3.65g (14.59%), Vitamin B3: 2.89mg (14.44%), Vitamin B1: 0.21mg (14.07%), Phosphorus: 139.39mg (13.94%), Folate: 55.51µg (13.88%), Manganese: 0.28mg (13.76%), Magnesium: 53.32mg (13.33%), Vitamin C: 10.35mg (12.55%), Vitamin B5: 1.26mg (12.55%), Potassium: 410.86mg (11.74%), Vitamin B6: 0.19mg (9.54%), Vitamin A: 370.81IU (7.42%), Zinc: 0.89mg (5.94%), Vitamin B2: 0.09mg (5.49%), Iron: 0.81mg (4.52%), Copper: 0.09mg (4.32%)