



Mini Corn on the Cob

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

Ingredients

- 1 teaspoon chili powder
- 3 ears corn cut into thirds
- 4 servings kosher salt to taste
- 2 tablespoons juice of lime fresh
- 1 cup parmesan grated
- 3 tablespoons butter unsalted

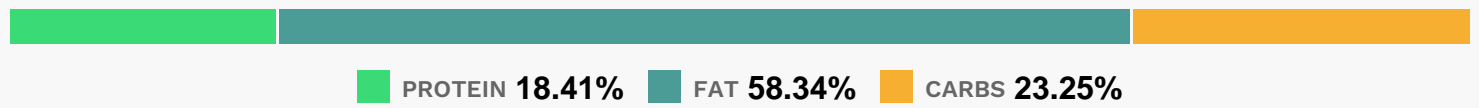
Equipment

- pot

Directions

- In a pot of salted boiling water, cook the corn, covered, for about 4 minutes.
- Drain and set aside.
- Return the pot to medium heat and melt the butter.
- Add the lime juice and chili powder and stir to combine.
- Return the cobs to the pot and stir until they're coated with the mixture.
- Transfer to a platter, sprinkle with the Parmesan, and serve.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.22, Inflammation Score:-6, Nutrition Score:7.8921739640443%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 234.62kcal (11.73%), Fat: 15.96g (24.56%), Saturated Fat: 9.73g (60.8%), Carbohydrates: 14.31g (4.77%), Net Carbohydrates: 12.76g (4.64%), Sugar: 4.59g (5.11%), Cholesterol: 39.58mg (13.19%), Sodium: 613.92mg (26.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.67%), Calcium: 302.69mg (30.27%), Phosphorus: 238.65mg (23.86%), Vitamin A: 735.87IU (14.72%), Magnesium: 37.53mg (9.38%), Selenium: 6.24µg (8.92%), Vitamin C: 6.84mg (8.3%), Vitamin B1: 0.12mg (7.87%), Folate: 31.31µg (7.83%), Vitamin B2: 0.13mg (7.62%), Zinc: 1.04mg (6.9%), Vitamin B3: 1.34mg (6.68%), Potassium: 226.34mg (6.47%), Manganese: 0.13mg (6.29%), Vitamin B5: 0.62mg (6.22%), Fiber: 1.55g (6.22%), Vitamin B12: 0.32µg (5.3%), Vitamin B6: 0.1mg (4.96%), Vitamin E: 0.55mg (3.69%), Iron: 0.65mg (3.63%), Copper: 0.05mg (2.67%), Vitamin D: 0.28µg (1.88%), Vitamin K: 1.94µg (1.84%)