



## Mustard-Glazed Corn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 ears corn on the cob fresh
- 2 Tbsp grey poupon dijon mustard
- 2 Tbsp parsley fresh chopped
- 2 cloves garlic minced
- 1 Tbsp juice of lemon
- 1 Tbsp olive oil

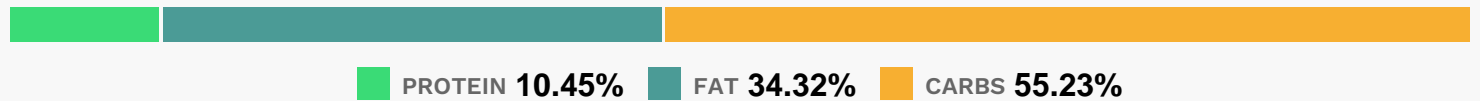
### Equipment

- grill

## Directions

- Preheat grill on medium heat.
- Combine mustard, lemon juice, parsley and garlic; set aside.
- Brush corn with oil.
- Grill corn 8 to 10 min. or until tender, turning occasionally and brushing with the mustard mixture.

## Nutrition Facts



## Properties

Glycemic Index:6.27, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.8956521827242%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 31.1kcal (1.56%), Fat: 1.33g (2.05%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 4.83g (1.61%), Net Carbohydrates: 4.23g (1.54%), Sugar: 1.56g (1.74%), Cholesterol: 0mg (0%), Sodium: 25.98mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.83%), Vitamin K: 8.98µg (8.55%), Vitamin C: 2.83mg (3.43%), Vitamin B1: 0.04mg (2.83%), Folate: 11.2µg (2.8%), Manganese: 0.06mg (2.75%), Magnesium: 10.25mg (2.56%), Phosphorus: 24.51mg (2.45%), Fiber: 0.59g (2.38%), Vitamin B3: 0.45mg (2.23%), Potassium: 73.25mg (2.09%), Vitamin B5: 0.18mg (1.84%), Vitamin A: 89.08IU (1.78%), Vitamin B6: 0.03mg (1.48%), Selenium: 0.88µg (1.26%), Iron: 0.2mg (1.12%), Vitamin E: 0.16mg (1.09%)