



Oaxacan Grilled Corn

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



274 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 8 ears corn fresh with husks
- ☐ 2 limes cut into wedges
- ☐ 0.7 cup mayonnaise
- ☐ 0.5 cup parmesan grated
- ☐ 8 servings salt and pepper
- ☐ 3 tablespoons butter unsalted melted

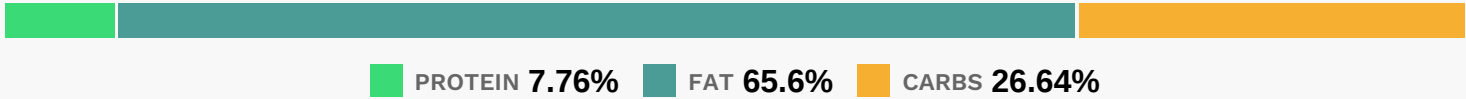
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill
- ☐ kitchen twine

Directions

- ☐ Pull down corn husks and remove silk.
- ☐ Place husks back over corn and soak in large bowls filled with cold water for 30 minutes.
- ☐ Preheat a gas grill to medium.
- ☐ Drain corn on paper towels and pat dry, pull down husks and brush kernels evenly with butter.
- ☐ Place husks back over corn and tie ends with kitchen twine to keep in place. Arrange corn flat on grill with string ends away from direct heat and cook, turning often, until tender, 20 to 25 minutes.
- ☐ Cut away twine and pull down husks.
- ☐ Spread mayonnaise on each ear, then sprinkle with chili powder and Parmesan.
- ☐ Serve with lime wedges and salt and pepper for seasoning.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:8.3573913574219%

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: 274.32kcal (13.72%), Fat: 21.23g (32.66%), Saturated Fat: 6.23g (38.92%), Carbohydrates: 19.4g (6.47%), Net Carbohydrates: 16.78g (6.1%), Sugar: 6.15g (6.83%), Cholesterol: 23.38mg (7.79%), Sodium: 443.26mg (19.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.31%), Vitamin K: 32.33µg (30.79%), Phosphorus: 134.67mg (13.47%), Vitamin C: 11mg (13.33%), Vitamin A: 665.32IU (13.31%), Fiber: 2.62g (10.47%), Folate: 40.95µg

(10.24%), Vitamin B1: 0.15mg (10.11%), Magnesium: 38.84mg (9.71%), Vitamin B3: 1.76mg (8.81%), Calcium: 87.5mg (8.75%), Manganese: 0.17mg (8.42%), Potassium: 290.37mg (8.3%), Vitamin E: 1.23mg (8.19%), Vitamin B5: 0.76mg (7.57%), Vitamin B6: 0.12mg (5.96%), Vitamin B2: 0.09mg (5.2%), Iron: 0.83mg (4.64%), Zinc: 0.68mg (4.54%), Selenium: 2.7µg (3.86%), Copper: 0.08mg (3.8%), Vitamin B12: 0.11µg (1.77%)