



Oaxacan-Style Grilled Corn on the Cob

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 1.3 teaspoons chili powder
- ☐ 4 ears corn
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 lime wedges
- ☐ 3 tablespoons crema mexicana sour
- ☐ 1.5 tablespoons queso fresco

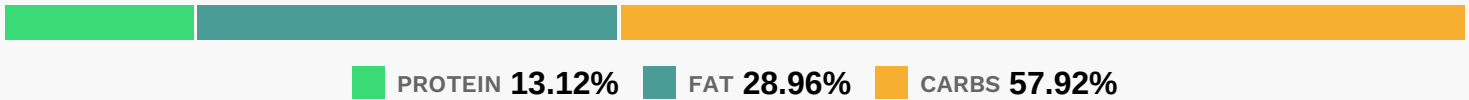
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat the grill to medium heat.
- ☐ Combine cheese and next 4 ingredients (through pepper) in a small bowl.
- ☐ Place corn on grill rack. Cover and grill 8 minutes or until lightly charred, turning occasionally.
- ☐ Place corn on a serving plate; drizzle with crema mixture.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:6.124782629635%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 121.37kcal (6.07%), Fat: 4.43g (6.81%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 17.4g (6.33%), Sugar: 6.47g (7.19%), Cholesterol: 9.79mg (3.26%), Sodium: 402.92mg (17.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.03%), Vitamin C: 11.41mg (13.83%), Phosphorus: 106.75mg (10.67%), Fiber: 2.54g (10.15%), Folate: 39.87µg (9.97%), Vitamin B1: 0.15mg (9.93%), Vitamin A: 483.94IU (9.68%), Magnesium: 36.74mg (9.19%), Vitamin B3: 1.71mg (8.54%), Manganese: 0.16mg (8.08%), Potassium: 282.02mg (8.06%), Vitamin B5: 0.71mg (7.1%), Calcium: 59.46mg (5.95%), Vitamin B6: 0.11mg (5.51%), Vitamin B2: 0.07mg (4.07%), Zinc: 0.61mg (4.04%), Iron: 0.7mg (3.9%), Copper: 0.07mg (3.44%), Selenium: 1.82µg (2.59%), Vitamin E: 0.38mg (2.53%), Vitamin B12: 0.09µg (1.55%), Vitamin K: 1.14µg (1.09%)