



Our Favorite Grilled Corn

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

Ingredients

- 1 Tbsp chili powder
- 6 ears corn fresh
- 2 limes
- 2 tablespoons mayonnaise reduced-fat
- 3 tablespoons parmesan cheese finely grated
- 6 servings salt and pepper freshly ground to taste
- 2 tablespoons cup heavy whipping cream fat-free sour

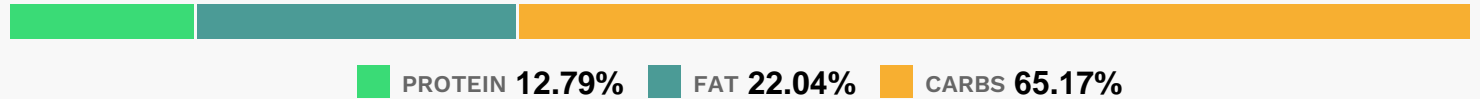
Equipment

grill

Directions

- Preheat grill to 350 to 400 (medium-high) heat.
- Remove husks from ears of corn. Coat corn lightly with vegetable cooking spray.
- Sprinkle with desired amount of salt and pepper. Grill, covered with grill lid, 15 minutes or until golden brown, turning occasionally; remove from grill. Stir together mayonnaise and sour cream.
- Spread corn with mayonnaise mixture; sprinkle with Parmesan cheese and chili powder.
- Cut limes into wedges, and squeeze over corn.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:6.70173916933333%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 112.45kcal (5.62%), Fat: 3.19g (4.9%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 21.2g (7.07%), Net Carbohydrates: 18.31g (6.66%), Sugar: 6.29g (6.99%), Cholesterol: 3.28mg (1.09%), Sodium: 317.59mg (13.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin C: 12.63mg (15.31%), Vitamin A: 609.89IU (12.2%), Fiber: 2.89g (11.56%), Phosphorus: 108.47mg (10.85%), Folate: 40.74µg (10.18%), Vitamin B1: 0.15mg (10.15%), Magnesium: 38mg (9.5%), Vitamin B3: 1.8mg (8.99%), Manganese: 0.17mg (8.71%), Potassium: 303.03mg (8.66%), Vitamin B5: 0.72mg (7.16%), Vitamin B6: 0.12mg (6.21%), Vitamin E: 0.74mg (4.9%), Vitamin B2: 0.08mg (4.77%), Iron: 0.85mg (4.73%), Zinc: 0.63mg (4.19%), Vitamin K: 4.36µg (4.15%), Calcium: 41.07mg (4.11%), Copper: 0.08mg (3.96%), Selenium: 2.11µg (3.01%)