



Parmesan Roasted Corn on the Cob

 Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



314 kcal

SIDE DISH

Ingredients

- 1 tablespoon chili powder
- 5 ears corn
- 1 teaspoon pepper black
- 0.5 cup mayonnaise
- 1 cup parmesan shredded
- 1 teaspoon salt

Equipment

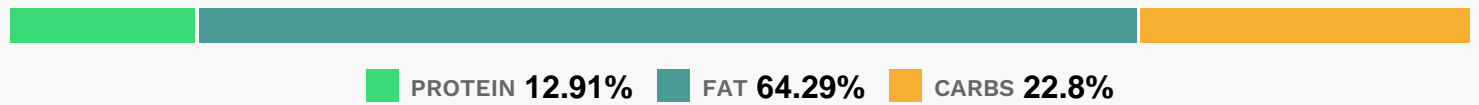
- grill

aluminum foil

Directions

- Preheat an outdoor grill for medium–high heat and lightly oil grate.
- Brush a thin layer of mayonnaise on each ear of corn.
- Sprinkle the corn with the Parmesan cheese, chili powder, salt, and pepper. Wrap each ear with aluminum foil and place on the grill.
- Grill, turning occasionally, until the kernels begin to brown, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:0.29, Inflammation Score:-6, Nutrition Score:10.575217423232%

Nutrients (% of daily need)

Calories: 313.64kcal (15.68%), Fat: 23.38g (35.97%), Saturated Fat: 6.24g (39%), Carbohydrates: 18.65g (6.22%), Net Carbohydrates: 16.19g (5.89%), Sugar: 6.04g (6.71%), Cholesterol: 23.01mg (7.67%), Sodium: 967.56mg (42.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.13%), Vitamin K: 39.47µg (37.59%), Calcium: 247.73mg (24.77%), Phosphorus: 229.04mg (22.9%), Vitamin A: 815.65IU (16.31%), Manganese: 0.23mg (11.58%), Magnesium: 45.4mg (11.35%), Vitamin B1: 0.15mg (10.26%), Folate: 40.84µg (10.21%), Fiber: 2.46g (9.83%), Vitamin E: 1.46mg (9.71%), Vitamin B3: 1.84mg (9.19%), Potassium: 302.49mg (8.64%), Selenium: 5.9µg (8.43%), Vitamin B2: 0.14mg (8%), Vitamin B5: 0.79mg (7.94%), Vitamin C: 6.13mg (7.43%), Zinc: 1.07mg (7.15%), Vitamin B6: 0.14mg (6.92%), Iron: 1mg (5.55%), Vitamin B12: 0.27µg (4.45%), Copper: 0.08mg (4.05%)