



Roasted Camp Corn

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon creole seasoning
- ☐ 1 teaspoon basil dried
- ☐ 6 ears corn fresh yellow with husks
- ☐ 1 teaspoon pepper sauce sweet

Equipment

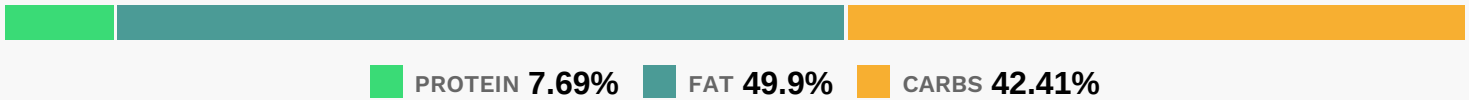
- ☐ paper towels

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Remove heavy outer husks from corn; pull back (but do not remove) inner husks.
- ☐ Remove and discard silks; rinse corn, and dry with paper towels. Set aside.
- ☐ Melt 1/4 cup butter in a small saucepan over low heat. Stir in 1 teaspoon basil and next 3 ingredients, stirring until blended.
- ☐ Brush corn evenly with butter mixture. Pull husks back over corn.
- ☐ Grill corn, covered with grill lid, over high heat (400 to 50
- ☐ minutes, making quarter turns every 6 to 7 minutes. Pull back husks before serving.
- ☐ Note: For testing purposes only, we used Pickapeppa Sauce for sweet pepper sauce.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:5.1286956266217%

Nutrients (% of daily need)

Calories: 146.42kcal (7.32%), Fat: 8.93g (13.73%), Saturated Fat: 5.16g (32.28%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 15.14g (5.51%), Sugar: 5.67g (6.3%), Cholesterol: 20.34mg (6.78%), Sodium: 92.13mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.19%), Folate: 38.83µg (9.71%), Vitamin A: 476.79IU (9.54%), Vitamin B1: 0.14mg (9.4%), Manganese: 0.18mg (8.87%), Magnesium: 35.1mg (8.78%), Phosphorus: 83.52mg (8.35%), Vitamin C: 6.75mg (8.18%), Vitamin B3: 1.62mg (8.11%), Fiber: 1.93g (7.72%), Potassium: 255.08mg (7.29%), Vitamin B5: 0.66mg (6.59%), Vitamin B6: 0.09mg (4.58%), Vitamin K: 4.08µg (3.88%), Iron: 0.64mg (3.58%), Vitamin B2: 0.06mg (3.35%), Zinc: 0.44mg (2.93%), Copper: 0.05mg (2.7%), Vitamin E: 0.35mg (2.34%)