



Roasted Corn with Chipotle Mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons chipotle chiles in adobo canned finely chopped
- ☐ 6 ears corn
- ☐ 6 lime wedges
- ☐ 0.5 cup mayonnaise

Equipment

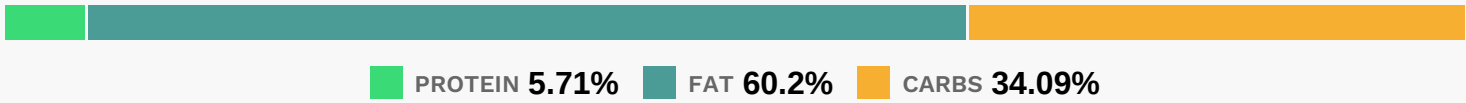
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

- ☐ knife
- ☐ pot
- ☐ tongs

Directions

- ☐ Add corn to a 6- to 8-quart pot of boiling water. Return water to boiling, then cover and remove from heat.
- ☐ Let stand 10 minutes.
- ☐ Transfer corn with tongs to paper towels to drain.
- ☐ Stir together mayonnaise and chiles in a small bowl.
- ☐ Heat skillet over moderately high heat until hot, then roast corn in 2 batches, turning occasionally with tongs, until blackened in spots, about 5 minutes per batch.
- ☐ Cut corn crosswise into 2-inch sections with a sharp knife and serve with mayonnaise and lime wedges.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:6.5604348001273%

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: 211.96kcal (10.6%), Fat: 15.21g (23.41%), Saturated Fat: 2.48g (15.5%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 16.74g (6.09%), Sugar: 6.27g (6.96%), Cholesterol: 7.84mg (2.61%), Sodium: 132.43mg (5.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Vitamin K: 30.8µg (29.34%), Vitamin C: 11.36mg (13.77%), Fiber: 2.64g (10.55%), Folate: 40.17µg (10.04%), Vitamin B1: 0.15mg (9.78%), Phosphorus: 87.26mg (8.73%), Magnesium: 34.57mg (8.64%), Vitamin B3: 1.63mg (8.14%), Potassium: 265.09mg (7.57%), Manganese: 0.15mg (7.47%), Vitamin B5: 0.72mg (7.16%), Vitamin E: 0.71mg (4.77%), Vitamin B6: 0.09mg (4.65%), Iron: 0.7mg (3.86%), Vitamin A: 189.6IU (3.79%), Vitamin B2: 0.06mg (3.33%), Copper: 0.06mg (3.19%), Zinc: 0.46mg (3.08%), Selenium: 1.04µg (1.49%)