



Santa Fe Corn on the Cob

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



116 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 0.8 teaspoon chili powder
- 6 medium ears corn sweet
- 2 garlic clove minced
- 0.3 teaspoon ground cumin
- 0.3 cup steak sauce

Equipment

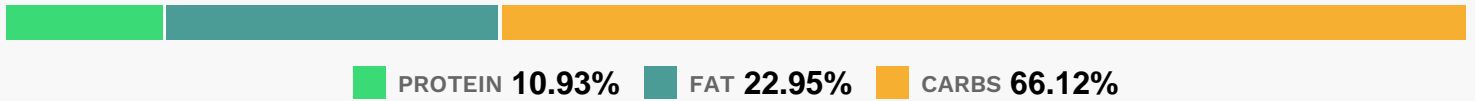
- paper towels

- grill
- microwave
- tongs
- kitchen twine

Directions

- Soak corn in cold water for 1 hour. Meanwhile, in a microwave-safe dish, combine butter and garlic. Cover and microwave on high for 2 minutes or until garlic is softened, stirring once. Stir in the steak sauce, chili powder and cumin; set aside.
- Carefully peel back husks from corn to within 1 in. of bottom; remove silk.
- Brush corn with sauce. Rewrap corn in husks and secure with kitchen string.
- Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Grill corn, covered, over medium heat for 25–30 minutes, turning occasionally.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:5.7147826037329%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 116.3kcal (5.81%), Fat: 3.35g (5.16%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 21.73g (7.24%), Net Carbohydrates: 19.43g (7.06%), Sugar: 7.38g (8.2%), Cholesterol: 5.02mg (1.67%), Sodium: 196.96mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Vitamin B1: 0.16mg (10.98%), Folate: 43.81µg (10.95%), Manganese: 0.21mg (10.36%), Magnesium: 40.39mg (10.1%), Phosphorus: 97.28mg (9.73%), Vitamin B3: 1.94mg (9.68%), Vitamin C: 7.92mg (9.61%), Fiber: 2.3g (9.22%), Potassium: 317.02mg (9.06%), Vitamin B5: 0.74mg (7.42%), Vitamin A: 353.33IU (7.07%), Vitamin B6: 0.12mg (6.16%), Iron: 0.78mg (4.34%), Copper: 0.08mg (3.99%), Vitamin B2: 0.07mg (3.88%), Zinc: 0.53mg (3.54%), Vitamin E: 0.34mg (2.26%), Selenium: 0.91µg (1.3%)