



Savory Corn on a Stick

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



104 kcal

SIDE DISH

Ingredients

- ☐ 4 ears corn fresh
- ☐ 8 bamboo skewers
- ☐ 2 tablespoons salad dressing italian
- ☐ 2 tablespoons parmesan fresh shredded

Equipment

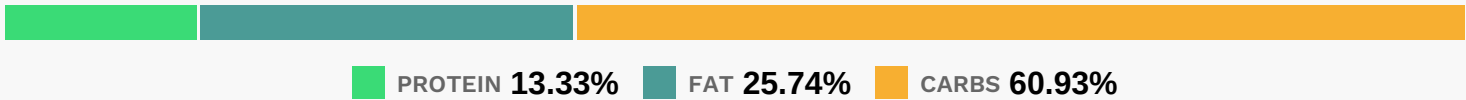
- ☐ plastic wrap
- ☐ microwave
- ☐ skewers

☐ metal skewers

Directions

- ☐ Husk corn, remove silk and cut each ear in half. Use metal skewer or ice pick to make a hole through center of one end of each piece of corn. Insert bamboo skewers through corn.
- ☐ Brush corn with Italian dressing.
- ☐ Place corn in rectangular microwavable dish, 11x7x1 1/2 inches. Cover with plastic wrap, folding back one corner to vent.
- ☐ Microwave on High 9 to 14 minutes, rotating dish 1/4 turn every 5 minutes, until tender.
- ☐ Let stand 5 minutes.
- ☐ Sprinkle with cheese before serving.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:4.9495652065329%

Nutrients (% of daily need)

Calories: 104.38kcal (5.22%), Fat: 3.35g (5.15%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 17.82g (5.94%), Net Carbohydrates: 15.99g (5.82%), Sugar: 6.45g (7.16%), Cholesterol: 1.7mg (0.57%), Sodium: 123.2mg (5.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Phosphorus: 99mg (9.9%), Folate: 38.03µg (9.51%), Vitamin B1: 0.14mg (9.49%), Magnesium: 34.83mg (8.71%), Vitamin B3: 1.61mg (8.06%), Manganese: 0.15mg (7.63%), Vitamin C: 6.17mg (7.48%), Fiber: 1.83g (7.31%), Potassium: 252.78mg (7.22%), Vitamin B5: 0.66mg (6.58%), Vitamin B6: 0.09mg (4.66%), Vitamin K: 4.23µg (4.03%), Vitamin A: 190.6IU (3.81%), Vitamin B2: 0.06mg (3.43%), Zinc: 0.5mg (3.34%), Calcium: 32.47mg (3.25%), Iron: 0.51mg (2.85%), Copper: 0.05mg (2.65%), Selenium: 1.25µg (1.79%), Vitamin E: 0.23mg (1.56%)