



Smoked Corn



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 8 ears corn fresh with husks
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 8 servings hickory wood chips

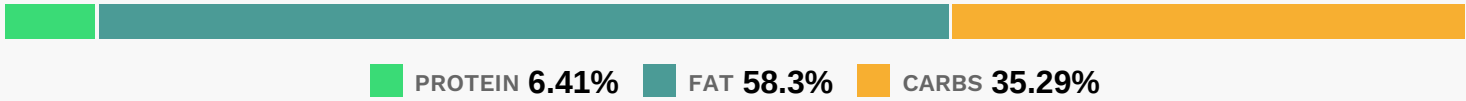
Equipment

- ☐ frying pan

Directions

- ☐ Soak wood chips in water at least 30 minutes.
- ☐ Prepare charcoal fire in smoker; let burn 15 to 20 minutes.
- ☐ Stir together butter and thyme.
- ☐ Remove heavy outer husks from corn; pull back inner husks.
- ☐ Remove and discard silks. Rub corn with butter mixture. Pull husks back over corn.
- ☐ Drain chips, and place on coals.
- ☐ Place water pan in smoker; add water to depth of fill line.
- ☐ Place corn on upper food rack; cover with smoker lid.
- ☐ Cook 30 to 40 minutes.
- ☐ Remove from smoker, and let stand 10 minutes. Pull husks back, and serve.

Nutrition Facts



Properties

Glycemic Index:19.92, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:5.43173912945%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg

Nutrients (% of daily need)

Calories: 183.49kcal (9.17%), Fat: 12.9g (19.85%), Saturated Fat: 7.64g (47.74%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 15.48g (5.63%), Sugar: 5.64g (6.27%), Cholesterol: 30.5mg (10.17%), Sodium: 109.78mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Vitamin A: 605.99IU (12.12%), Vitamin C: 8.98mg (10.89%), Folate: 39.23µg (9.81%), Vitamin B1: 0.14mg (9.45%), Magnesium: 36.56mg (9.14%), Manganese: 0.18mg (8.95%), Phosphorus: 86.13mg (8.61%), Fiber: 2.09g (8.36%), Vitamin B3: 1.65mg (8.27%), Potassium: 261.36mg (7.47%), Vitamin B5: 0.67mg (6.73%), Vitamin B6: 0.09mg (4.6%), Iron: 0.79mg (4.39%), Vitamin B2: 0.06mg (3.7%), Zinc: 0.46mg (3.08%), Copper: 0.06mg (2.93%), Vitamin E: 0.39mg (2.61%), Calcium: 12.38mg (1.24%), Vitamin K: 1.26µg (1.2%)