



Smoky Roasted Corn on the Cob

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

Ingredients

- 1 Tbsp butter softened
- 1 cup four cheese shredded mexican style kraft finely
- 6 ears corn on the cob
- 1 Tbsp cilantro leaves fresh chopped
- 1 Tbsp a.1. rub mesquite bbq sweet dry
- 1 pkt. shake n bake seasoned panko seasoned coating mix

Equipment

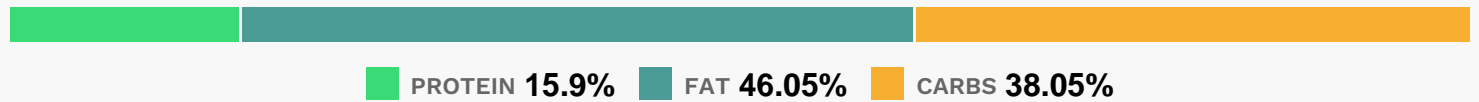
- baking sheet

- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Cover rimmed baking sheet with foil; spray with cooking spray.
- Combine first 3 ingredients in pie plate until blended.
- Brush corn with butter.
- Roll, 1 at a time, in cheese mixture, then place on prepared baking sheet. Top with any remaining cheese mixture.
- Bake 22 to 25 min. or until corn is tender.
- Sprinkle with cilantro before serving.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:7.2517391028612%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 173.08kcal (8.65%), Fat: 9.55g (14.69%), Saturated Fat: 4.32g (27%), Carbohydrates: 17.75g (5.92%), Net Carbohydrates: 15.87g (5.77%), Sugar: 5.72g (6.35%), Cholesterol: 18.83mg (6.28%), Sodium: 223.48mg (9.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.84%), Phosphorus: 168.07mg (16.81%), Calcium: 142.38mg (14.24%), Folate: 42.74µg (10.68%), Magnesium: 39.97mg (9.99%), Vitamin B1: 0.15mg (9.8%), Manganese: 0.19mg (9.74%), Vitamin A: 462.52IU (9.25%), Selenium: 5.92µg (8.46%), Vitamin B3: 1.62mg (8.12%), Vitamin B2: 0.13mg (7.93%), Vitamin C: 6.22mg (7.54%), Potassium: 263.4mg (7.53%), Zinc: 1.13mg (7.51%), Fiber: 1.88g (7.51%), Vitamin B5: 0.73mg (7.25%), Vitamin K: 6.3µg (6%), Vitamin B6: 0.11mg (5.29%), Iron: 0.74mg (4.08%), Vitamin B12: 0.2µg (3.37%), Copper: 0.06mg (3.03%), Vitamin E: 0.29mg (1.91%)