



Spicy Grilled Corn



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 6.3 oz taco seasoning
- ☐ 12 ears corn with husks

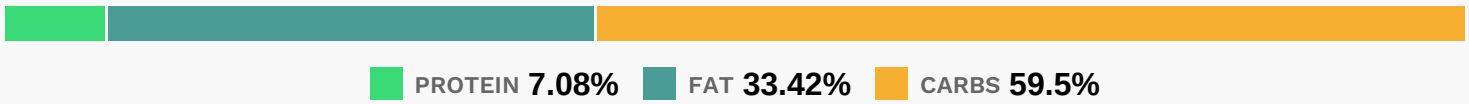
Equipment

- ☐ grill

Directions

- ☐
- Heat coals or gas grill for direct heat.
- ☐
- Mix butter and taco seasoning mix. Carefully pull back husk of each ear of corn; remove silk.
- ☐
- Spread butter mixture over corn. Pull husks back over ears; tie husks securely with thin piece of husk or string.
- ☐
- Grill corn uncovered 4 to 6 inches from medium heat 20 to 30 minutes, turning frequently, until tender.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:6.8421739799821%

Nutrients (% of daily need)

Calories: 150.5kcal (7.52%), Fat: 6.29g (9.68%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 20.62g (7.5%), Sugar: 8.4g (9.34%), Cholesterol: 0mg (0%), Sodium: 1264.23mg (54.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin A: 1778.99IU (35.58%), Fiber: 4.58g (18.3%), Vitamin C: 12.78mg (15.49%), Folate: 37.86µg (9.47%), Vitamin B1: 0.14mg (9.34%), Magnesium: 33.49mg (8.37%), Phosphorus: 81.55mg (8.16%), Iron: 1.46mg (8.14%), Vitamin B3: 1.59mg (7.97%), Manganese: 0.15mg (7.34%), Potassium: 245.65mg (7.02%), Vitamin B5: 0.65mg (6.51%), Vitamin B6: 0.08mg (4.21%), Vitamin B2: 0.05mg (3.05%), Zinc: 0.41mg (2.76%), Copper: 0.05mg (2.43%), Vitamin E: 0.26mg (1.72%)