



Spicy Hoisin and Sesame Glazed Corn



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



136 kcal

SAUCE

Ingredients

- ☐ 8 ears corn husked cut in half crosswise
- ☐ 2 green onions sliced
- ☐ 0.3 cup hoisin sauce
- ☐ 0.3 cup honey
- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons soya sauce reduced-sodium
- ☐ 0.5 to 1 serrano chile minced
- ☐ 2 teaspoons sesame seed toasted

Equipment

☐ grill

Directions

- ☐ Heat grill to high (450 to 550).
- ☐ Mix together hoisin, honey, soy sauce, and lime juice.
- ☐ Grill corn, turning often and basting with glaze, until glaze is caramelized and grill marks start to appear, about 10 minutes.
- ☐ Transfer corn to a platter and sprinkle with sesame seeds, chile, and green onions.

Nutrition Facts



Properties

Glycemic Index:14.91, Glycemic Load:4.62, Inflammation Score:-4, Nutrition Score:5.7082608938217%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 135.67kcal (6.78%), Fat: 1.78g (2.73%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 30.25g (10.08%), Net Carbohydrates: 28g (10.18%), Sugar: 16.85g (18.72%), Cholesterol: 0.26mg (0.09%), Sodium: 297.79mg (12.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.57%), Folate: 44.61µg (11.15%), Manganese: 0.21mg (10.62%), Magnesium: 41.07mg (10.27%), Vitamin B1: 0.15mg (9.88%), Vitamin C: 8.06mg (9.78%), Phosphorus: 95.36mg (9.54%), Fiber: 2.26g (9.02%), Vitamin B3: 1.8mg (9.01%), Potassium: 288.97mg (8.26%), Vitamin B5: 0.68mg (6.79%), Vitamin K: 6.59µg (6.28%), Vitamin B6: 0.11mg (5.35%), Vitamin B2: 0.09mg (5.08%), Copper: 0.09mg (4.49%), Iron: 0.78mg (4.32%), Vitamin A: 204.16IU (4.08%), Zinc: 0.55mg (3.67%), Selenium: 0.99µg (1.42%), Calcium: 13.99mg (1.4%)