



Tasty BBQ Corn on the Cob

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

Ingredients

- 0.5 cup butter softened
- 6 servings cayenne pepper to taste
- 1 teaspoon chili powder
- 6 ears corn husked cleaned
- 6 servings garlic powder to taste
- 1 pinch onion powder
- 0.1 teaspoon oregano dried
- 6 servings salt and pepper to taste

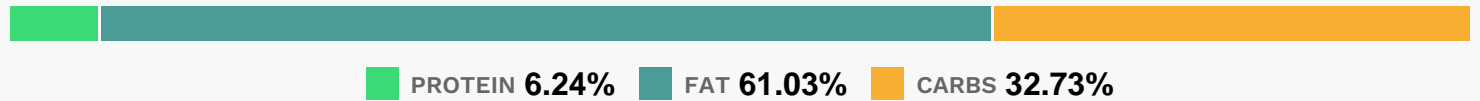
Equipment

- bowl
- grill
- aluminum foil

Directions

- Preheat grill for medium-high heat.
- In a medium bowl, mix together the chili powder, oregano, onion powder, cayenne pepper, garlic powder, salt, and pepper. Blend in the softened butter. Apply this mixture to each ear of corn, and place each ear onto a piece of aluminum foil big enough to wrap the corn. Wrap like a burrito, and twist the ends to close.
- Place wrapped corn on the preheated grill, and cook 20 to 30 minutes, until tender when poked with a fork. Turn corn occasionally during cooking.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.29, Inflammation Score:-8, Nutrition Score:7.5691303247991%

Nutrients (% of daily need)

Calories: 230.94kcal (11.55%), Fat: 16.97g (26.12%), Saturated Fat: 10.1g (63.11%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 17.71g (6.44%), Sugar: 5.96g (6.62%), Cholesterol: 40.67mg (13.56%), Sodium: 336.92mg (14.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.81%), Vitamin A: 1572.77IU (31.46%), Manganese: 0.23mg (11.32%), Fiber: 2.77g (11.09%), Vitamin B1: 0.16mg (10.78%), Folate: 42.2µg (10.55%), Phosphorus: 104.52mg (10.45%), Magnesium: 39.83mg (9.96%), Vitamin B6: 0.19mg (9.57%), Potassium: 332.32mg (9.49%), Vitamin C: 7.73mg (9.37%), Vitamin B3: 1.84mg (9.2%), Vitamin E: 1.25mg (8.36%), Vitamin B5: 0.69mg (6.93%), Iron: 0.88mg (4.88%), Vitamin B2: 0.08mg (4.83%), Zinc: 0.59mg (3.95%), Copper: 0.08mg (3.84%), Vitamin K: 3.83µg (3.65%), Selenium: 1.72µg (2.45%), Calcium: 14.2mg (1.42%)