



Zesty Grilled Corn on the Cob

 Vegetarian  Gluten Free

READY IN



17 min.

SERVINGS



8

CALORIES



261 kcal

SIDE DISH

Ingredients

- 2 tablespoons canola oil
- 8 ears corn fresh thawed
- 8 servings kosher salt and pepper black freshly ground
- 8 servings lime wedges for serving
- 1 lime zest
- 0.3 cup mayonnaise
- 0.5 teaspoon onion powder
- 1 stick butter unsalted softened

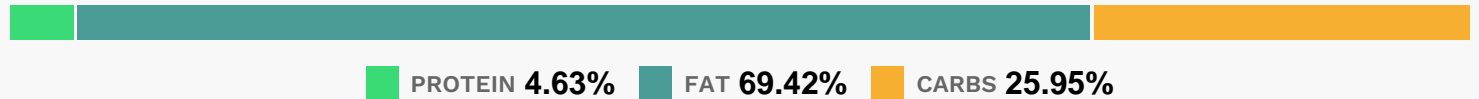
Equipment

- bowl
- grill
- grill pan

Directions

- Heat a grill or grill pan over medium heat.
- In a small bowl, combine the canola oil, salt and pepper, to taste.
- When the grill is hot, brush the corn with the seasoned oil. Grill on all sides until the corn is charred and tender, about 12 minutes. (Reserve 2 ears for Round 2 Recipe Corn Salsa.)
- While the corn is grilling, in a bowl combine the butter, mayonnaise, onion powder, and lime zest.
- When the corn is cooked, generously brush on the flavored butter and serve with a wedge of lime.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:6.159565254398%

Flavonoids

Hesperetin: 4.03mg, Hesperetin: 4.03mg, Hesperetin: 4.03mg, Hesperetin: 4.03mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 260.71kcal (13.04%), Fat: 21.43g (32.97%), Saturated Fat: 8.63g (53.93%), Carbohydrates: 18.03g (6.01%), Net Carbohydrates: 15.92g (5.79%), Sugar: 5.85g (6.5%), Cholesterol: 33.31mg (11.1%), Sodium: 59.8mg (2.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin K: 15.39µg (14.66%), Vitamin C: 8.88mg (10.76%), Vitamin A: 531.07IU (10.62%), Folate: 39.42µg (9.86%), Vitamin B1: 0.14mg (9.63%), Phosphorus: 87.21mg (8.72%), Magnesium: 34.53mg (8.63%), Fiber: 2.11g (8.43%), Vitamin E: 1.25mg (8.37%), Manganese: 0.16mg (8.14%), Vitamin B3: 1.62mg (8.1%), Potassium: 259.91mg (7.43%), Vitamin B5: 0.7mg (6.96%), Vitamin B6: 0.09mg (4.5%),

Vitamin B2: 0.06mg (3.4%), Iron: 0.56mg (3.09%), Zinc: 0.45mg (3.03%), Copper: 0.06mg (3.02%), Vitamin D:
0.23µg (1.51%), Selenium: 0.9µg (1.29%)