



Zesty Parmesan Corn

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

Ingredients

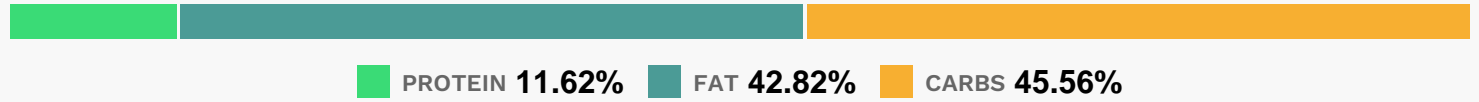
- 4 ears corn on the cob hot cooked
- 4 lime wedges fresh
- 2 Tbsp real mayo mayonnaise kraft
- 0.3 cup parmesan cheese grated kraft

Equipment

Directions

- Spread corn evenly with mayo.
- Sprinkle each with 1 Tbsp. cheese.
- Squeeze 1 lime wedge over each ear of corn.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:6.3799999719081%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 156.03kcal (7.8%), Fat: 8.16g (12.56%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 17.23g (6.27%), Sugar: 5.98g (6.65%), Cholesterol: 8.34mg (2.78%), Sodium: 167.05mg (7.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.97%), Vitamin C: 11.36mg (13.77%), Phosphorus: 124.41mg (12.44%), Vitamin K: 11.73µg (11.17%), Folate: 39.96µg (9.99%), Vitamin B1: 0.15mg (9.82%), Fiber: 2.3g (9.22%), Magnesium: 36.64mg (9.16%), Vitamin B3: 1.63mg (8.17%), Potassium: 274.24mg (7.84%), Manganese: 0.15mg (7.7%), Vitamin B5: 0.72mg (7.17%), Calcium: 63.54mg (6.35%), Vitamin B6: 0.1mg (4.85%), Zinc: 0.71mg (4.77%), Vitamin A: 235.85IU (4.72%), Vitamin B2: 0.08mg (4.47%), Selenium: 2.96µg (4.23%), Iron: 0.62mg (3.44%), Copper: 0.06mg (3.21%), Vitamin E: 0.36mg (2.41%), Vitamin B12: 0.09µg (1.54%)