

Grilled Corn



Course: Side Dish
Categories: Vegetable
Source: www.livingupwell.com

Serving size: 1 medium ear of corn
Preparation time: 5 mins
Cooking time: 20 mins

Grilled Corn		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	99.4	
% Daily Value*		
Total Fat	1.5 g	2 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	2.1 mg	0 %
Total Carbohydrate	22 g	8 %
Dietary Fiber	2.6 g	9 %
Total Sugars	6.3 g	
Added Sugars	- g	- %
Protein	3.5 g	
Vitamin D	0 mcg	0 %
Calcium	2.6 mg	0 %
Iron	0.5 mg	3 %
Potassium	242.1 mg	5 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

6 Ears of Corn
Optional: Jill's All Purpose (AP) seasoning

Directions

Prepare Day:

1. Preheat coals between 300-425 F.
2. Pull back shuck but do not pull off. Remove inner hair then cover the cob back with the shuck. If using, lightly sprinkle Jill's AP seasoning to corn cob.
3. Remove one layer of shuck but leave enough to still cover the ear, this will protect it from burning on the grill.
4. Add on cooler side of grill and cook for 10-15 minutes. Turn once. Cook an additional 3-5 minutes on high heat (Cooking time will vary depending on heat of grill).
5. Remove from heat, let cook slightly, peel back shuck and serve while warm.

Notes

If not eating right away, place on cookie sheet or pan cover with foil and place in oven at 175 F for up to 1 hour.