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Corn on the Cob

Corn on the Cob is a classic summer dish that is enjoyed by people of all ages. It is typically grilled or boiled and served with butter and salt. The corn is cooked until tender and juicy, and the kernels are sweet and bursting with flavor. It is a versatile dish that can be enjoyed as a side dish or as a main course.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

4 ears	corn on the cob
4 tbsp	butter
1 tsp	salt

Directions

Step 1

Preheating

Preheat the grill or bring a large pot of water to a boil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Husk the corn and remove the silk.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grilling, boiling

Grill the corn over medium heat for 10-15 minutes, turning occasionally, or boil the corn for 5-7 minutes.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Cooling

Remove the corn from the grill or pot and let it cool slightly.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Spreading, sprinkling

Spread butter over the corn and sprinkle with salt.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 123 kcal

Fat: 7 g

Protein: 3 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	7 g	25%	28%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	11 iu	1.22%	1.57%
Vitamin C	14 mg	15.56%	18.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	0 mg	0%	0%
Iron	2 mg	25%	11.11%
Potassium	243 mg	7.15%	9.35%
Zinc	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Barbecue Picnic

Meal Type

Breakfast Lunch Brunch

Kitchen Tools

Slow Cooker

Course

Appetizers Drinks Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Diwali Christmas

Diet

Volumetrics Diet Vegetarian Diet Vegan Diet Ayurvedic Diet

Difficulty Level

Easy

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