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Nandos Corn [♦]

Nandos Corn is a delicious grilled corn recipe that is perfect for summer barbecues. The corn is marinated in a spicy peri-peri sauce and then grilled to perfection. It is a crowd-pleasing dish that can be enjoyed by everyone.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

4 ears	corn
4 tbsp	peri-peri sauce
2 tbsp	Olive oil
1 tsp	Salt
1 tsp	Black pepper

4 Lime
wedges

Directions

Step 1

Preheating

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together the peri-peri sauce, olive oil, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Brushing

Brush the corn with the peri-peri sauce mixture.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Grilling

Place the corn on the grill and cook for 10-12 minutes, turning occasionally, until charred and cooked through.

Prep Time: 0 mins

Cook Time: 12 mins

Step 5

Cooling

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the corn with lime wedges on the side.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 3 g

Protein: 4 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Barbecue Picnic

Kitchen Tools

Slow Cooker

Course

Salads Snacks

Cooking Method

Boiling Blanching Cut Mixing Serving Cooking None Stir-frying

Sprinkling

Healthy For

Gastroesophageal reflux disease (GERD) Irritable bowel syndrome (IBS)

Appendicitis Pancreatitis Hepatitis Colorectal cancer

Meal Type

Lunch Snack Supper

Difficulty Level

Easy

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