

Grilled Corn in the Husk with Parmesan Chili Butter

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Servings: 4

4 ears fresh sweet yellow corn with husks

1/4 cup unsalted butter, melted

1/4 cup Parmesan cheese, grated

1 teaspoon chili powder

1/4 teaspoon garlic salt

Preparation Time: 10 minutes

Grill: 25 minutes

Peel back the corn husks but don't remove. Remove the corn silk. Discard. Gently rinse the ears of corn. Pull the husks up around the corn. Using 100% cotton kitchen string, tie the husks shut. Cover the corn with water. Soak for one to two hours.

Drain the corn. Grill the corn on the rack of an uncovered grill directly over medium coals for 25 to 30 minutes or until the kernels are tender, turning once halfway through.

In a small mixing bowl, stir together the butter, Parmesan cheese, chili powder and garlic salt.

Remove the string from the corn. Pull the husks back. Brush the corn with the Parmesan mixture.

Serve immediately.

Per Serving (excluding unknown items): 127 Calories; 13g Fat (91.2% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 35mg Cholesterol; 229mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 1/2 Fat; 0 Other Carbohydrates.

Grilled, Side Dishes

% Calories from Fat:	91.2%
% Calories from Carbohydrates:	1.8%
% Calories from Protein:	7.0%
Total Fat (g):	13g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	35mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	229mg
Potassium (mg):	21mg
Calcium (mg):	74mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	687IU
Vitamin A (r.e.):	139 1/2RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 127 Calories from Fat: 115

		% Daily Values*
Total Fat	13g	20%
Saturated Fat	8g	41%
Cholesterol	35mg	12%
Sodium	229mg	10%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	2g	
Vitamin A		14%
Vitamin C		1%
Calcium		7%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.