

# CHILI LIME CORN ON THE COB

**PREP TIME**

10 minutes

**COOK TIME**

20 minutes

**SERVINGS**

4

## INGREDIENTS

- 1 lime (zested and juiced)
- 2 tablespoons light trans-fat-free margarine (softened)
- 1 teaspoon chili powder
- 4 medium ears of corn on the cob (shucked)

## INSTRUCTIONS

1. Preheat grill to medium heat.
2. In a small bowl, mix together the lime juice, lime zest, margarine, and, chili powder.
3. Using a spoon and your hands, spread the margarine mixture evenly over the 4 ears of corn.
4. Wrap the corn individually in aluminum foil. Grill 20 minutes, turning frequently. Serve hot.



Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 50mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
*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.	

