



Barbecued Corn on the Cob With Spiced Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

Ingredients

- 8 tablespoons butter unsalted melted (1 stick)
- 1 clove garlic with a little salt crushed
- 1 tablespoon honey
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon pepper black

4 ears corn

Equipment

sauce pan

grill

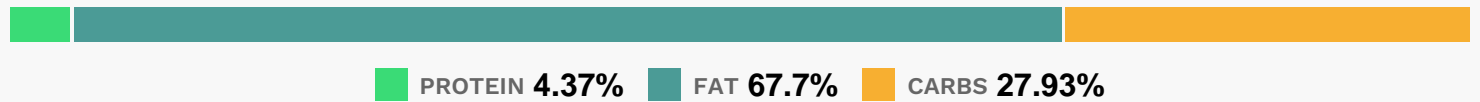
Directions

Combine the butter, garlic, honey, and spices in a small saucepan and cook over a gentle heat.

Brush corn with the flavored butter and cook on the barbecue or under the grill turning regularly until golden.

Baste continually during the cooking process.

Nutrition Facts



Properties

Glycemic Index:29.82, Glycemic Load:2.4, Inflammation Score:-6, Nutrition Score:6.6952173913043%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Taste

Sweetness: 41.37%, Saltiness: 0.11%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 301.27kcal (15.06%), Fat: 24.22g (37.26%), Saturated Fat: 14.71g (91.93%), Carbohydrates: 22.49g (7.5%), Net Carbohydrates: 20.1g (7.31%), Sugar: 10.02g (11.13%), Cholesterol: 60.2mg (20.07%), Sodium: 26.23mg (1.14%), Protein: 3.51g (7.03%), Vitamin A: 1025.42IU (20.51%), Manganese: 0.26mg (13.15%), Vitamin B1: 0.15mg (9.9%), Magnesium: 39.23mg (9.81%), Folate: 39.04µg (9.76%), Fiber: 2.39g (9.56%), Phosphorus: 95.01mg (9.5%), Vitamin B3: 1.71mg (8.57%), Potassium: 287.13mg (8.2%), Vitamin C: 6.53mg (7.91%), Vitamin B5: 0.7mg (6.96%), Vitamin E: 0.93mg (6.17%), Iron: 1.06mg (5.87%), Vitamin B6: 0.11mg (5.46%), Vitamin B2: 0.07mg (4.15%), Copper: 0.08mg (3.9%), Zinc: 0.53mg (3.56%), Vitamin K: 3.62µg (3.44%), Vitamin D: 0.42µg (2.8%), Calcium: 22.26mg (2.23%), Selenium: 1.25µg (1.79%)