



## Chili-Lime Grilled Corn

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



185 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup butter softened
- 8 servings chili powder
- 8 ears corn fresh with husks
- 1 teaspoon juice of lime fresh
- 1 teaspoon lime zest grated

### Equipment

- grill
- kitchen twine

## Directions

- Remove heavy outer husks from corn; pull back inner husks.
- Remove and discard silks. Pull husks over corn. Cover corn with water; let stand 1 hour.
- Stir together 1/2 cup softened butter, 1 tsp. grated lime rind, and 1 tsp. lime juice.
- Drain corn, and pat dry.
- Grill corn, without grill lid, over medium heat (300 to 350
- minutes or until tender, turning often.
- Remove corn from grill. Carefully pull back husks, and tie with a leftover husk or kitchen string.
- Spread with desired amount of butter mixture.
- Sprinkle corn evenly with desired amount of chili powder.
- Note: Stir 1/2 tsp. chili powder into the butter mixture, if desired.

## Nutrition Facts

**PROTEIN 6.61%** **FAT 57.94%** **CARBS 35.45%**

## Properties

Glycemic Index:10.25, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:6.3895652669927%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 185kcal (9.25%), Fat: 13.01g (20.01%), Saturated Fat: 7.63g (47.71%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 15.41g (5.6%), Sugar: 5.8g (6.45%), Cholesterol: 30.5mg (10.17%), Sodium: 137.54mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.67%), Vitamin A: 1116.28IU (22.33%), Fiber: 2.51g (10.02%), Folate: 38.87µg (9.72%), Vitamin B1: 0.15mg (9.7%), Vitamin B3: 1.83mg (9.16%), Magnesium: 36.63mg (9.16%), Manganese: 0.18mg (9.04%), Phosphorus: 89.64mg (8.96%), Potassium: 286.39mg (8.18%), Vitamin C: 6.39mg (7.75%), Vitamin E: 1.16mg (7.71%), Vitamin B5: 0.68mg (6.8%), Vitamin B6: 0.13mg (6.32%), Iron: 0.82mg (4.55%), Vitamin B2: 0.07mg (4.31%), Copper: 0.07mg (3.45%), Zinc: 0.51mg (3.42%), Vitamin K: 3.38µg (3.22%), Selenium: 1.09µg (1.56%), Calcium: 11.98mg (1.2%)