



Corn on the Cob with Chipotle-Scallion Butter

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

Ingredients

- 1 tablespoon chipotles in adobo canned minced seeded
- 6 large ears corn halved
- 0.3 teaspoon lime zest grated
- 0.3 cup spring onion minced (2 to 3)
- 0.8 stick butter unsalted softened

Equipment

- bowl
- pot

tongs

Directions

- Stir together butter, scallions, chipotles, zest, and rounded 1/2 teaspoon salt in a large bowl.
- Cook corn in a large pot of boiling water until crisp-tender, 3 to 5 minutes.
- Transfer with tongs to butter mixture and toss.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:8.0586957089279%

Flavonoids

Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 227.28kcal (11.36%), Fat: 13.4g (20.61%), Saturated Fat: 7.72g (48.26%), Carbohydrates: 27.48g (9.16%), Net Carbohydrates: 24.26g (8.82%), Sugar: 9.23g (10.25%), Cholesterol: 30.37mg (10.12%), Sodium: 23.7mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.75%), Folate: 63.16µg (15.79%), Vitamin B1: 0.22mg (14.98%), Magnesium: 54.03mg (13.51%), Vitamin A: 662.1IU (13.24%), Phosphorus: 132.22mg (13.22%), Fiber: 3.22g (12.88%), Vitamin B3: 2.56mg (12.8%), Vitamin C: 10.53mg (12.77%), Manganese: 0.24mg (12.02%), Potassium: 401.08mg (11.46%), Vitamin B5: 1.04mg (10.44%), Vitamin K: 10.04µg (9.56%), Vitamin B6: 0.14mg (6.8%), Vitamin B2: 0.09mg (5.11%), Iron: 0.87mg (4.83%), Zinc: 0.69mg (4.58%), Copper: 0.08mg (4.15%), Vitamin E: 0.45mg (3.01%), Selenium: 1.02µg (1.46%), Vitamin D: 0.21µg (1.41%)