



Corn on the Cob with Chive-Fennel Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



104 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 8 ears corn fresh with husks
- ☐ 0.3 teaspoon fennel seeds
- ☐ 2 teaspoons chives fresh minced
- ☐ 2 large garlic cloves minced

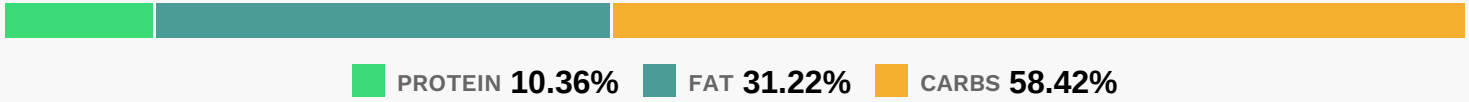
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Soak corn in cool water 15 minutes. Pull back husks; remove and discard silks.
- ☐ Drain corn, and pat dry.
- ☐ Stir together butter and next 3 ingredients; brush onto each ear. Pull husks back over corn. Tie string around husks, if desired.
- ☐ Grill, covered with grill lid, over high heat (400 to 50
- ☐ to 10 minutes on each side. (Watch carefully to make sure husks do not catch fire.)
- ☐ Note: Corn may be husked and wrapped in foil. Grill, covered with grill lid, over high heat 30 minutes, turning every 10 minutes.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:4.5978260289716%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 103.9kcal (5.2%), Fat: 4.07g (6.26%), Saturated Fat: 2.09g (13.08%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 15.28g (5.56%), Sugar: 5.65g (6.28%), Cholesterol: 7.53mg (2.51%), Sodium: 36.19mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Folate: 38.19µg (9.55%), Vitamin B1: 0.14mg (9.44%), Magnesium: 33.9mg (8.48%), Phosphorus: 82.54mg (8.25%), Manganese: 0.16mg (8.21%), Vitamin B3: 1.61mg (8.03%), Vitamin C: 6.51mg (7.89%), Fiber: 1.85g (7.39%), Potassium: 248.65mg (7.1%), Vitamin B5: 0.65mg (6.54%), Vitamin A: 266.8IU (5.34%), Vitamin B6: 0.09mg (4.69%), Vitamin B2: 0.05mg (3.06%), Zinc: 0.43mg (2.86%), Iron: 0.5mg (2.76%), Copper: 0.05mg (2.6%), Vitamin K: 1.06µg (1.01%)