



Corn on the Cob with Cilantro-Lime Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

Ingredients

- 4 ears corn
- 4 tablespoons butter unsalted room temperature ()
- 2 tablespoons cilantro leaves coarsely chopped
- 0.5 teaspoon lime zest grated
- 1.5 teaspoons juice of lime freshly squeezed
- 0.3 teaspoon chili powder
- 1 serving coarse mustard

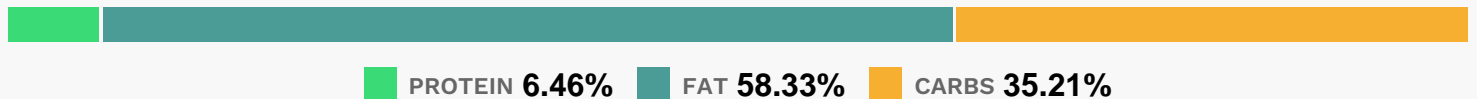
Equipment

- bowl
- paper towels
- microwave

Directions

- Peel back husks, leaving them attached at the base of the ear.
- Remove and discard silk; pull husks back over corn.
- Place a triple thickness of all-white paper towels in the microwave.
- Place ears, side by side, on towels. Microwave on high 8 to 9 minutes or until crisp-tender.
- Meanwhile, in a small bowl, stir together butter, cilantro, lime zest and juice, chili powder, 1/8 teaspoon salt, and a pinch of pepper until blended.
- Remove husks; serve with cilantro-lime butter.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:5.1756521865078%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 179.48kcal (8.97%), Fat: 12.63g (19.44%), Saturated Fat: 7.49g (46.82%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 15.24g (5.54%), Sugar: 5.71g (6.34%), Cholesterol: 30.1mg (10.03%), Sodium: 30.97mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.29%), Vitamin A: 570.67IU (11.41%), Folate: 38.67µg (9.67%), Vitamin B1: 0.14mg (9.57%), Magnesium: 34.58mg (8.65%), Phosphorus: 85.59mg (8.56%), Vitamin C: 6.82mg (8.26%), Vitamin B3: 1.63mg (8.13%), Manganese: 0.16mg (7.79%), Fiber: 1.92g (7.67%), Potassium: 254.16mg (7.26%), Vitamin B5: 0.67mg (6.7%), Vitamin B6: 0.09mg (4.44%), Vitamin B2: 0.06mg (3.35%), Vitamin E: 0.45mg (3%), Zinc: 0.44mg (2.95%), Iron: 0.52mg (2.88%), Copper: 0.05mg (2.71%), Vitamin K: 2.03µg (1.94%), Selenium: 1.14µg (1.62%), Vitamin D: 0.21µg (1.4%)