



Corn on the Cob with Lime-Chive Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 8 ears of corn
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 0.3 teaspoon hungarian paprika sweet
- ☐ 2 teaspoons juice of lime fresh
- ☐ 1 teaspoon lime zest finely grated
- ☐ 0.5 teaspoon sea salt fine
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

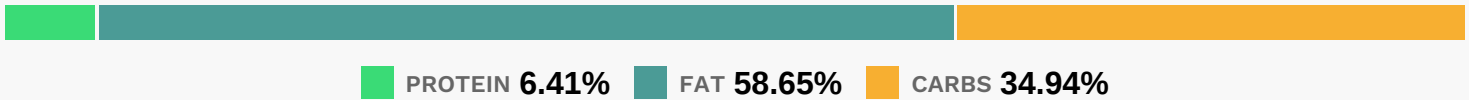
Equipment

- ☐ bowl
- ☐ pot
- ☐ grill

Directions

- ☐ Mix first 7 ingredients in medium bowl. (Can be made 2 days ahead. Cover and chill. Bring to room temperature before using.)
- ☐ To boil corn: Bring large pot of water to boil; add pinch of sugar, if desired. Husk corn.
- ☐ Add corn to pot. Return water to boil and cook corn 4 minutes.
- ☐ Drain corn and serve immediately with lime-chive butter.
- ☐ To grill corn: Prepare barbecue (medium-high heat).
- ☐ Remove all but the innermost husks from corn. Fold back inner husks and remove corn silk. Rewrap inner husks around corn. Grill until husks are slightly charred and corn is tender, turning often, about 10 minutes.
- ☐ Serve immediately with lime-chive butter.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:5.353913018237%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 180.23kcal (9.01%), Fat: 12.75g (19.61%), Saturated Fat: 7.58g (47.4%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 15.2g (5.53%), Sugar: 5.71g (6.34%), Cholesterol: 30.5mg (10.17%), Sodium: 160.53mg (6.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.27%), Vitamin A: 632.13IU (12.64%), Folate: 40.16µg (10.04%), Vitamin B1: 0.14mg (9.48%), Vitamin C: 7.55mg (9.15%), Magnesium: 34.53mg (8.63%), Phosphorus: 84.92mg (8.49%), Vitamin B3: 1.62mg (8.1%), Manganese: 0.16mg (7.77%), Fiber: 1.88g (7.52%), Potassium: 254.76mg (7.28%), Vitamin B5: 0.67mg (6.7%), Vitamin K: 4.88µg (4.65%), Vitamin B6: 0.09mg (4.43%), Vitamin B2: 0.06mg (3.37%), Zinc: 0.44mg (2.94%), Iron: 0.52mg (2.86%), Vitamin E: 0.42mg (2.81%), Copper: 0.05mg (2.73%), Vitamin D: 0.21µg (1.42%), Selenium: 0.7µg (1.01%)