



WHATSheATE



Corn on the Cob with Mint-Feta Butter



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



332 kcal

SIDE DISH

Ingredients

- ☐ 8 large ears of corn
- ☐ 1.5 cups feta crumbled finely
- ☐ 0.3 cup mint leaves finely chopped
- ☐ 0.5 stick butter unsalted softened

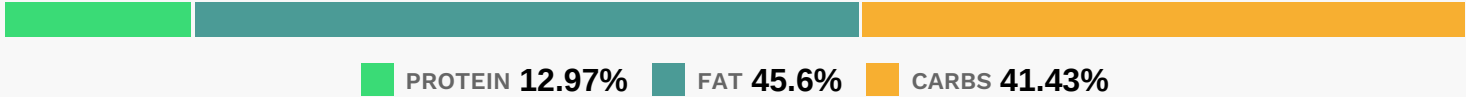
Equipment

- ☐ bowl
- ☐ pot
- ☐ tongs

Directions

- ☐ Stir together butter, feta, mint, and a rounded 1/2 teaspoon salt in a large bowl.
- ☐ Cook corn in a large pot of boiling water until crisp-tender, about 3 minutes.
- ☐ Transfer with tongs to butter mixture and toss until well coated.
- ☐ Mint-feta butter can be made 2 days ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.39, Inflammation Score:-7, Nutrition Score:14.393478274345%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

Nutrients (% of daily need)

Calories: 332.18kcal (16.61%), Fat: 18.29g (28.14%), Saturated Fat: 10.45g (65.31%), Carbohydrates: 37.39g (12.46%), Net Carbohydrates: 33.43g (12.16%), Sugar: 11.94g (13.27%), Cholesterol: 53.62mg (17.87%), Sodium: 457.72mg (19.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.71g (23.42%), Phosphorus: 299.7mg (29.97%), Vitamin B2: 0.43mg (25.27%), Vitamin B1: 0.36mg (23.69%), Folate: 94.5µg (23.63%), Magnesium: 79.36mg (19.84%), Calcium: 195.5mg (19.55%), Vitamin B3: 3.78mg (18.91%), Vitamin B5: 1.75mg (17.46%), Manganese: 0.34mg (17.19%), Vitamin B6: 0.34mg (16.95%), Vitamin A: 829.77IU (16.6%), Vitamin C: 13.56mg (16.44%), Fiber: 3.96g (15.85%), Potassium: 550.98mg (15.74%), Zinc: 1.99mg (13.24%), Vitamin B12: 0.65µg (10.83%), Selenium: 6.86µg (9.8%), Iron: 1.33mg (7.4%), Copper: 0.12mg (6.13%), Vitamin E: 0.42mg (2.8%), Vitamin D: 0.29µg (1.94%), Vitamin K: 1.91µg (1.82%)