



Corn on the Cob with Smoked Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 6 ears shucked corn
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon honey
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon shallots minced
- ☐ 0.3 teaspoon paprika smoked

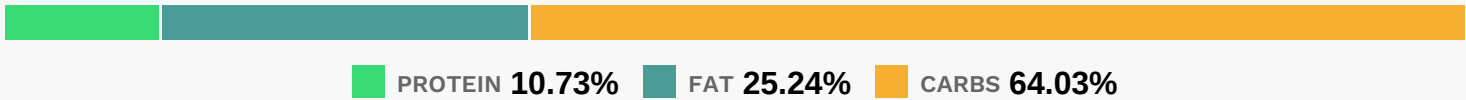
Equipment

☐ bowl

Directions

- ☐ Combine the first 7 ingredients in a small bowl.
- ☐ Cook corn in boiling water 5 minutes or until crisp-tender; drain.
- ☐ Brush butter mixture evenly over corn; serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:4.5878260838597%

Nutrients (% of daily need)

Calories: 98.93kcal (4.95%), Fat: 3.16g (4.86%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 16.13g (5.86%), Sugar: 6.65g (7.38%), Cholesterol: 5.02mg (1.67%), Sodium: 222.74mg (9.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Folate: 38.11µg (9.53%), Vitamin B1: 0.14mg (9.42%), Magnesium: 34.25mg (8.56%), Phosphorus: 82.04mg (8.2%), Vitamin B3: 1.61mg (8.07%), Vitamin C: 6.6mg (8%), Manganese: 0.16mg (7.8%), Fiber: 1.89g (7.58%), Potassium: 250.73mg (7.16%), Vitamin B5: 0.65mg (6.53%), Vitamin A: 269.95IU (5.4%), Vitamin B6: 0.09mg (4.41%), Iron: 0.61mg (3.39%), Vitamin B2: 0.05mg (3.1%), Zinc: 0.43mg (2.89%), Copper: 0.05mg (2.59%)