

Corn on the Grill

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 6 ears corn fresh
- 5 cloves garlic minced to taste
- 1 teaspoon ground cumin
- 1 teaspoon pepper black
- 0.5 juice of lime juiced
- 2 tablespoons hot sauce hot tapatio® (such as)
- 1 teaspoon salt

1 tablespoon granulated sugar white

Equipment

sauce pan

grill

Directions

Preheat an outdoor grill for medium heat, and lightly oil the grate.

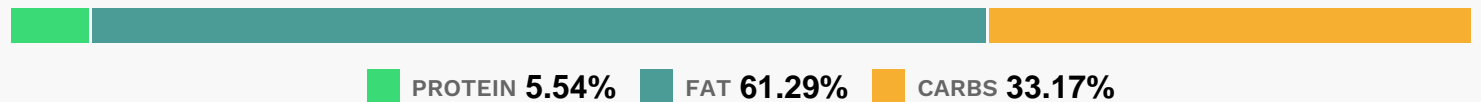
Heat the garlic and butter in a small saucepan over low heat for 5 minutes to infuse the butter with the flavor of garlic. Do not let the butter simmer. Stir together the sugar, salt, black pepper, and cumin in a small dish. Stir into the butter mixture along with the lime juice and hot sauce until evenly blended.

Brush the ears of corn generously with the garlic butter; reserve remaining butter.

Cook the corn on the preheated grill, rotating occasionally until the corn is hot and tender, 10 to 15 minutes.

Brush the corn with the remaining butter as the corn cooks.

Nutrition Facts



Properties

Glycemic Index:31.18, Glycemic Load:1.68, Inflammation Score:-5, Nutrition Score:6.0152173793834%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 227.65kcal (11.38%), Fat: 16.68g (25.66%), Saturated Fat: 10.03g (62.69%), Carbohydrates: 20.31g (6.77%), Net Carbohydrates: 18.31g (6.66%), Sugar: 7.77g (8.64%), Cholesterol: 40.67mg (13.56%), Sodium: 638.37mg (27.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Vitamin C: 10.92mg (13.23%), Vitamin

A: 655.58IU (13.11%), Manganese: 0.25mg (12.29%), Vitamin B1: 0.15mg (10.01%), Folate: 39.04µg (9.76%), Phosphorus: 91.48mg (9.15%), Magnesium: 36.52mg (9.13%), Vitamin B3: 1.65mg (8.26%), Fiber: 1.99g (7.98%), Potassium: 277.24mg (7.92%), Vitamin B5: 0.69mg (6.94%), Vitamin B6: 0.13mg (6.27%), Iron: 0.8mg (4.42%), Vitamin B2: 0.06mg (3.8%), Vitamin E: 0.53mg (3.53%), Copper: 0.07mg (3.29%), Zinc: 0.49mg (3.25%), Vitamin K: 2.32µg (2.21%), Calcium: 16.4mg (1.64%), Selenium: 1.13µg (1.62%)