



Corn With Chile-Lime Butter



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



263 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon rocoto chile paste (available in jars at Latin markets)
- ☐ 8 servings cotija cheese crumbled for topping
- ☐ 8 ears corn
- ☐ 1 tablespoon cilantro leaves fresh plus more for topping chopped
- ☐ 1.5 teaspoons garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 juice of lime
- ☐ 8 servings kosher salt and pepper freshly ground

☐ 1 stick butter unsalted softened

Equipment

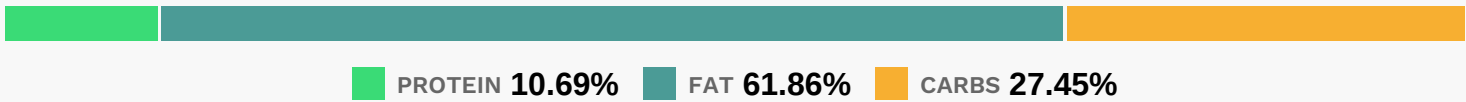
☐ bowl

☐ grill

Directions

- ☐ Preheat a grill to medium high.
- ☐ Combine the butter, garlic, lime juice, cilantro, chile paste and cumin in a bowl.
- ☐ Add salt and pepper; mix well.
- ☐ Grill the corn, turning, until nicely charred, 10 to 15 minutes.
- ☐ Serve with a spoonful of the flavored butter on top.
- ☐ Sprinkle with more cilantro and cotija cheese.
- ☐ Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:8.9021739285925%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 262.51kcal (13.13%), Fat: 19.16g (29.48%), Saturated Fat: 11.54g (72.14%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 17.28g (6.29%), Sugar: 5.89g (6.55%), Cholesterol: 57.07mg (19.02%), Sodium: 551.65mg (23.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.9%), Phosphorus: 187.66mg (18.77%), Vitamin B2: 0.31mg (18.27%), Calcium: 156.35mg (15.64%), Vitamin A: 658.75IU (13.18%), Vitamin B1: 0.19mg (12.74%), Folate: 48.46µg (12.11%), Vitamin B6: 0.22mg (11.18%), Magnesium: 40.44mg (10.11%), Vitamin B3: 1.94mg (9.72%), Vitamin B5: 0.96mg (9.59%), Vitamin C: 7.76mg (9.41%), Vitamin B12: 0.53µg (8.85%), Zinc: 1.31mg (8.73%),

Manganese: 0.17mg (8.53%), Potassium: 281.57mg (8.04%), Selenium: 5.29µg (7.56%), Fiber: 1.85g (7.41%), Iron: 0.78mg (4.33%), Copper: 0.07mg (3.36%), Vitamin E: 0.46mg (3.09%), Vitamin D: 0.33µg (2.21%), Vitamin K: 2.02µg (1.92%)