



Corn with coriander butter



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



173 kcal

SIDE DISH

Ingredients

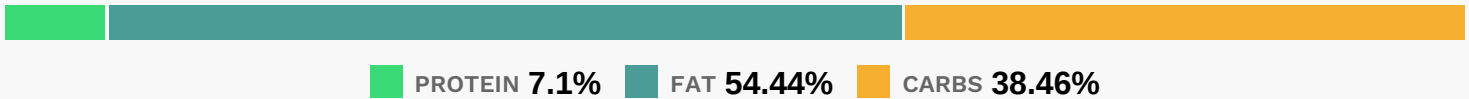
- ☐ 4 ears corn
- ☐ 50 g butter soft
- ☐ 1 small bunch cilantro leaves chopped
- ☐ 1 small to 5 chilies red deseeded finely chopped
- ☐ 1 garlic clove crushed

Equipment

Directions

- ☐ Mash butter, coriander, chilli, garlic and a good pinch of salt with a fork.
 - ☐ Place on a piece of cling film, form into a sausage shape, then freeze for 15 mins until hard.
 - ☐ Cook the corn in boiling salted water for 5 mins, until tender, then drain.
 - ☐ Cut the butter into slices about 1cm thick, pop on top of the warm corn and allow to melt.
- Great with BBQ drumsticks.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:6.9152174008929%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 173.1kcal (8.66%), Fat: 11.42g (17.56%), Saturated Fat: 6.72g (42.02%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 16.11g (5.86%), Sugar: 6.26g (6.96%), Cholesterol: 26.88mg (8.96%), Sodium: 95.93mg (4.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Vitamin C: 23.06mg (27.95%), Vitamin A: 722.8IU (14.46%), Folate: 42.03µg (10.51%), Vitamin B1: 0.15mg (10.07%), Manganese: 0.19mg (9.44%), Magnesium: 36.85mg (9.21%), Phosphorus: 90.04mg (9%), Vitamin B3: 1.77mg (8.83%), Vitamin K: 8.93µg (8.51%), Potassium: 295.65mg (8.45%), Fiber: 2.04g (8.16%), Vitamin B6: 0.15mg (7.66%), Vitamin B5: 0.7mg (6.98%), Vitamin B2: 0.07mg (3.97%), Iron: 0.63mg (3.53%), Copper: 0.07mg (3.49%), Vitamin E: 0.48mg (3.21%), Zinc: 0.47mg (3.15%), Selenium: 0.85µg (1.21%)