



## Corn with Herbed Butter



Vegetarian



Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

284 kcal

SIDE DISH

## Ingredients



1 cup butter softened



8 ears corn fresh



2 tablespoons parsley fresh finely chopped



1 tablespoon thyme leaves fresh finely chopped



1 tablespoon oregano fresh finely chopped

## Equipment

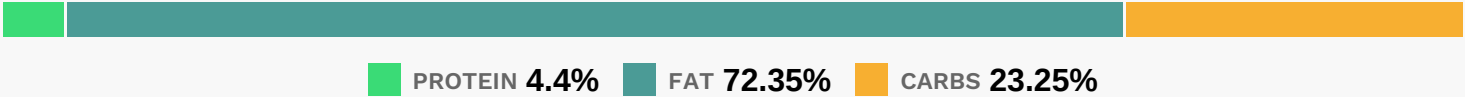


bowl

# Directions

- ☐ Cook corn in boiling, salted water to cover for 5 minutes or until tender; drain.
- ☐ Combine next 4 ingredients in a small bowl.
- ☐ Spread over hot cooked corn.
- ☐ Serve remaining butter on the side.

## Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:0.07, Inflammation Score:-9, Nutrition Score:7.0573913247689%

## Flavonoids

Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

## Nutrients (% of daily need)

Calories: 283.75kcal (14.19%), Fat: 24.28g (37.35%), Saturated Fat: 14.89g (93.08%), Carbohydrates: 17.56g (5.85%), Net Carbohydrates: 15.33g (5.58%), Sugar: 5.69g (6.32%), Cholesterol: 61.01mg (20.34%), Sodium: 196.75mg (8.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Vitamin K: 22.54µg (21.47%), Vitamin A: 1013.83IU (20.28%), Vitamin C: 8.87mg (10.75%), Folate: 42.05µg (10.51%), Manganese: 0.19mg (9.73%), Vitamin B1: 0.14mg (9.55%), Magnesium: 37.46mg (9.36%), Phosphorus: 89.34mg (8.93%), Fiber: 2.22g (8.88%), Vitamin B3: 1.66mg (8.31%), Potassium: 268.55mg (7.67%), Vitamin B5: 0.69mg (6.9%), Vitamin E: 0.84mg (5.62%), Iron: 0.92mg (5.1%), Vitamin B6: 0.09mg (4.75%), Vitamin B2: 0.07mg (3.97%), Zinc: 0.48mg (3.22%), Copper: 0.06mg (2.95%), Calcium: 23.51mg (2.35%), Selenium: 0.85µg (1.22%)