



## Easy Grilled Corn with Chipotle-Lime Butter

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



225 kcal

SIDE DISH

### Ingredients

- 8 large ears corn sweet
- 0.5 cup butter softened
- 1.5 teaspoons lime zest grated
- 1 teaspoon cilantro leaves fresh minced
- 0.5 teaspoon salt
- 0.5 teaspoon chipotle chili powder
- 1 serving sea salt

### Equipment

pot

grill

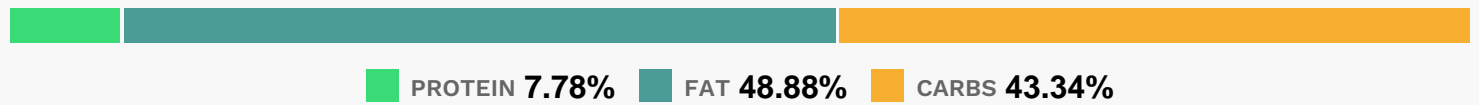
## Directions

In a large stockpot, cover corn with cold water. Soak 30 minutes; drain. Grill corn, covered, over medium heat until tender, turning occasionally, 25–30 minutes.

Meanwhile, combine next 5 ingredients. Carefully peel back husks; discard silk.

Spread butter mixture over corn. If desired, sprinkle with coarse sea salt.

## Nutrition Facts



## Properties

Glycemic Index:14.25, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:7.4443478830483%

## Flavonoids

Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 225.17kcal (11.26%), Fat: 13.46g (20.7%), Saturated Fat: 7.76g (48.5%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 23.94g (8.7%), Sugar: 8.98g (9.97%), Cholesterol: 30.5mg (10.17%), Sodium: 284.31mg (12.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.63%), Folate: 60.56µg (15.14%), Vitamin B1: 0.22mg (14.85%), Magnesium: 53.41mg (13.35%), Vitamin A: 660.05IU (13.2%), Phosphorus: 131.12mg (13.11%), Vitamin B3: 2.55mg (12.76%), Vitamin C: 9.84mg (11.92%), Manganese: 0.24mg (11.79%), Fiber: 2.91g (11.66%), Potassium: 392.43mg (11.21%), Vitamin B5: 1.04mg (10.43%), Vitamin B6: 0.14mg (6.81%), Vitamin B2: 0.08mg (4.98%), Zinc: 0.68mg (4.51%), Iron: 0.77mg (4.29%), Copper: 0.08mg (3.94%), Vitamin E: 0.48mg (3.19%), Vitamin K: 1.6µg (1.52%), Selenium: 1.03µg (1.47%)