



Fresh Corn with Lemon-Basil Parmesan Butter

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



62 kcal

SIDE DISH

Ingredients

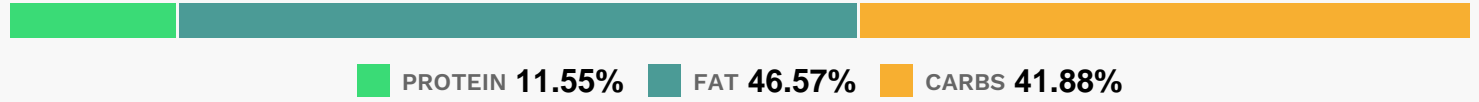
- 2 Tbsp butter melted
- 4 ears corn on the cob hot cooked
- 4 basil leaves fresh chopped
- 0.5 tsp lemon zest
- 0.3 cup parmesan cheese grated kraft

Equipment

Directions

- Brush corn with combined butter, basil and zest.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.2404347820126%

Nutrients (% of daily need)

Calories: 61.93kcal (3.1%), Fat: 3.49g (5.37%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 6.33g (2.3%), Sugar: 2.26g (2.51%), Cholesterol: 8.28mg (2.76%), Sodium: 67.42mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Phosphorus: 48.67mg (4.87%), Folate: 15.48µg (3.87%), Vitamin B1: 0.06mg (3.78%), Magnesium: 14.37mg (3.59%), Vitamin A: 168.41IU (3.37%), Vitamin B3: 0.64mg (3.21%), Vitamin C: 2.61mg (3.16%), Manganese: 0.06mg (3.13%), Potassium: 103.11mg (2.95%), Fiber: 0.73g (2.93%), Vitamin B5: 0.27mg (2.7%), Calcium: 23.92mg (2.39%), Zinc: 0.28mg (1.85%), Vitamin B6: 0.04mg (1.8%), Vitamin B2: 0.03mg (1.74%), Selenium: 1.12µg (1.6%), Iron: 0.2mg (1.14%), Copper: 0.02mg (1.06%)