



## Garlic-Basil Corn

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter softened
- 4 ears shucked corn
- 1 tablespoon basil fresh chopped
- 1 garlic clove minced

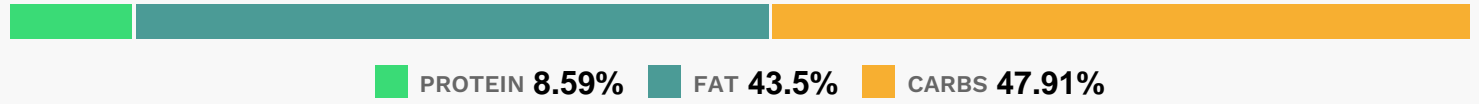
### Equipment

- bowl
- sauce pan

## Directions

- Combine butter, basil, and garlic in a small bowl.
- Place corn into a large saucepan of boiling water; cook 4 minutes.
- Drain. Spoon 1 teaspoon butter mixture over each ear of corn.

## Nutrition Facts



## Properties

Glycemic Index:37.5, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:4.8034782416147%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 128.82kcal (6.44%), Fat: 6.9g (10.61%), Saturated Fat: 3.89g (24.32%), Carbohydrates: 17.1g (5.7%), Net Carbohydrates: 15.27g (5.55%), Sugar: 5.65g (6.27%), Cholesterol: 15.05mg (5.02%), Sodium: 58.66mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.13%), Folate: 38.37µg (9.59%), Vitamin B1: 0.14mg (9.43%), Magnesium: 33.95mg (8.49%), Phosphorus: 83.21mg (8.32%), Manganese: 0.17mg (8.25%), Vitamin B3: 1.61mg (8.03%), Vitamin C: 6.44mg (7.81%), Vitamin A: 369.67IU (7.39%), Fiber: 1.82g (7.3%), Potassium: 249.16mg (7.12%), Vitamin B5: 0.66mg (6.59%), Vitamin B6: 0.09mg (4.7%), Vitamin B2: 0.05mg (3.12%), Zinc: 0.43mg (2.89%), Iron: 0.5mg (2.77%), Vitamin K: 2.85µg (2.71%), Copper: 0.05mg (2.64%), Vitamin E: 0.23mg (1.53%), Selenium: 0.72µg (1.03%)