



## Garlic-Lime Grilled Corn

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



128 kcal

SIDE DISH

### Ingredients

- 2 teaspoons butter
- 4 ears shucked corn yellow
- 1 garlic clove minced
- 0.3 teaspoon kosher salt
- 1 teaspoon lime rind grated
- 1 tablespoon olive oil

### Equipment

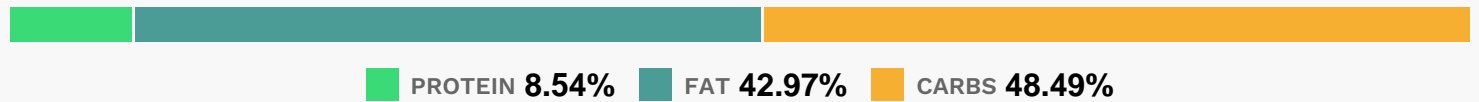
- bowl

- grill
- microwave

## Directions

- Preheat grill to medium-high heat.
- Place oil, butter, and garlic in a small microwave-safe bowl. Microwave at HIGH for 30 seconds or until butter melts; set aside.
- Coat corn with cooking spray. Arrange corn on grill rack; grill 10 minutes or until done and lightly browned, turning occasionally.
- Remove from grill; brush with butter mixture.
- Sprinkle with rind and salt.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:4.7317390924563%

## Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 127.53kcal (6.38%), Fat: 6.75g (10.38%), Saturated Fat: 2.06g (12.88%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 15.3g (5.56%), Sugar: 5.65g (6.28%), Cholesterol: 5.38mg (1.79%), Sodium: 175.13mg (7.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.03%), Folate: 37.94µg (9.48%), Vitamin B1: 0.14mg (9.42%), Magnesium: 33.57mg (8.39%), Phosphorus: 81.94mg (8.19%), Vitamin B3: 1.6mg (8%), Manganese: 0.16mg (7.98%), Vitamin C: 6.5mg (7.88%), Fiber: 1.83g (7.32%), Potassium: 247.18mg (7.06%), Vitamin B5: 0.65mg (6.54%), Vitamin B6: 0.09mg (4.66%), Vitamin A: 231.09IU (4.62%), Vitamin E: 0.63mg (4.18%), Vitamin B2: 0.05mg (3.02%), Zinc: 0.43mg (2.84%), Iron: 0.51mg (2.81%), Copper: 0.05mg (2.56%), Vitamin K: 2.57µg (2.45%)