



## Grilled Corn Nibblers® with Lime Butter

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



106 kcal

SIDE DISH

### Ingredients

- 0.8 cup butter
- 0.3 cup onion finely chopped
- 0.3 cup cilantro leaves fresh finely chopped
- 0.3 cup bell pepper red finely chopped
- 0.3 cup juice of lime fresh
- 0.5 teaspoon garlic salt
- 1 package regular corn frozen (12 count)
- 1 tablespoon cilantro leaves fresh chopped for garnish

## Equipment

- sauce pan
- grill
- aluminum foil

## Directions

- Heat gas or charcoal grill.
- Cut 12 (10x10-inch) sheets of heavy-duty foil. In 1-quart saucepan, melt butter over medium heat.
- Add onion; cook, stirring frequently, until onion is tender. Stir in 1/3 cup cilantro and the bell pepper; cook 3 minutes, stirring constantly. Stir in lime juice and garlic salt.
- Place frozen ear of corn in center of each sheet of foil.
- Drizzle butter mixture evenly over corn. Fold foil over corn so edges meet. Seal edges, making tight 1/2-inch fold; fold again.
- Place corn on grill over medium heat. Cover grill; cook 25 to 35 minutes, turning occasionally, until thoroughly heated.
- Cut large X across top of each packet; fold back foil.
- Sprinkle with 1 tablespoon cilantro.

## Nutrition Facts

**PROTEIN 0.9%** **FAT 94.96%** **CARBS 4.14%**

## Properties

Glycemic Index:19.04, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:1.4713043311368%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

1.19mg

## **Nutrients (% of daily need)**

Calories: 106.03kcal (5.3%), Fat: 11.53g (17.74%), Saturated Fat: 7.3g (45.61%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.46g (0.52%), Cholesterol: 30.5mg (10.17%), Sodium: 188.79mg (8.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.49%), Vitamin A: 519.2IU (10.38%), Vitamin C: 7.27mg (8.82%), Vitamin E: 0.42mg (2.79%), Vitamin K: 2.73µg (2.6%), Vitamin B6: 0.02mg (1.03%)