



Grilled Corn on the Cob

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



413 kcal

SIDE DISH

Ingredients

- 0.5 cup cilantro leaves
- 8 ears corn
- 0.3 cup olive oil extra virgin
- 8 servings fleur del sel
- 1 garlic clove grated peeled
- 1 teaspoon pepper fresh black finely
- 1 teaspoon kosher salt
- 2 tablespoons juice of lime freshly squeezed

- 4 lime cut into 4 to 6 wedges
- 8 ounces butter unsalted cut into pats
- 0.3 cup vegetable oil

Equipment

- food processor
- blender
- grill

Directions

- Keeping the husks attached, peel them back in sections on each ear of corn, and remove the silk. Cover the exposed corn with the husk.
- Soak the corn in cold water for 5 to 10 minutes.
- Preheat one grate of a well-oiled charcoal or gas grill to medium-high and another to high.
- Place the cilantro, lime juice, garlic, salt, and pepper in a small food processor or in a blender and pulse to combine. With the machine running, slowly drizzle in the oils. Alternately the pesto can be combined by hand. Set aside.
- Place the corn, still covered by the husk, on the medium-high grate. Cook for 3 minutes, turn to the other side, and cook for 3 minutes.
- Remove from the grill, peel back the husk, return to the high grate to mark and lightly char the corn on all sides, turning and jockeying between medium and high as need for 5 to 7 minutes total.
- Remove the corn from the grill and brush generously with the pesto. Squeeze lime over the ears and sprinkle with fleur de sel.
- Serve with any remaining limes, and pats of butter on the side.
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- Brush Your Way to Great Outdoor Cooking by Adam Perry Lang with JJ Goode and Amy Vogler, © 2009 Hyperion

Nutrition Facts



■ PROTEIN 3.2% ■ FAT 77.66% ■ CARBS 19.14%

Properties

Glycemic Index:15.75, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:8.3260869591132%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 14.74mg, Hesperetin: 14.74mg, Hesperetin: 14.74mg, Hesperetin: 14.74mg Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 412.96kcal (20.65%), Fat: 37.86g (58.24%), Saturated Fat: 16.84g (105.23%), Carbohydrates: 21g (7%), Net Carbohydrates: 18.15g (6.6%), Sugar: 6.29g (6.99%), Cholesterol: 60.95mg (20.32%), Sodium: 502.55mg (21.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Vitamin K: 22.59µg (21.51%), Vitamin C: 17.38mg (21.07%), Vitamin A: 964.26IU (19.29%), Vitamin E: 2.36mg (15.73%), Fiber: 2.85g (11.41%), Folate: 42.38µg (10.59%), Vitamin B1: 0.15mg (10.24%), Manganese: 0.19mg (9.74%), Phosphorus: 94.91mg (9.49%), Magnesium: 36.97mg (9.24%), Potassium: 298.57mg (8.53%), Vitamin B3: 1.69mg (8.47%), Vitamin B5: 0.77mg (7.65%), Vitamin B6: 0.11mg (5.36%), Iron: 0.77mg (4.28%), Copper: 0.08mg (4.15%), Vitamin B2: 0.07mg (4.05%), Zinc: 0.49mg (3.29%), Vitamin D: 0.43µg (2.83%), Calcium: 23.01mg (2.3%), Selenium: 1.04µg (1.48%)