



Grilled Corn on the Cob

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



230 kcal

SIDE DISH

Ingredients

- 16 ears corn fresh
- 2 tablespoons juice of lemon
- 1 tablespoon lime zest grated
- 2 tablespoons olive oil
- 1 tablespoon orange zest grated
- 10 servings salt and pepper
- 8 tablespoons butter unsalted softened (1 stick)

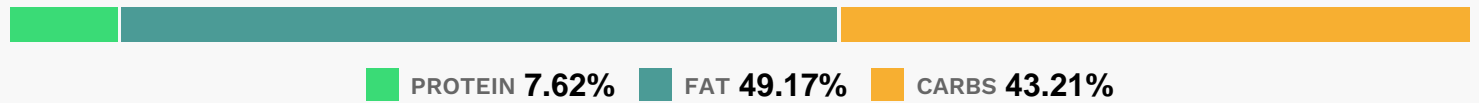
Equipment

- bowl
- blender
- wooden spoon
- grill

Directions

- In a large bowl, combine butter, orange zest, lime zest and lemon juice. Beat with a handheld mixer or a wooden spoon until blended. (Butter can be prepared up to 2 days in advance. Cover and refrigerate; remove from fridge 15 minutes before serving to soften.)
- Preheat a gas grill to medium-high.
- Brush corn with a small amount of olive oil and grill, turning often, until slightly charred in spots and soft, 5 to 10 minutes. Season with salt and pepper.
- Place on a large platter and top with a small scoop of butter.
- Serve remaining butter on the side.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:7.6986956181734%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 230.32kcal (11.52%), Fat: 13.84g (21.29%), Saturated Fat: 6.61g (41.31%), Carbohydrates: 27.35g (9.12%), Net Carbohydrates: 24.39g (8.87%), Sugar: 9.11g (10.12%), Cholesterol: 24.08mg (8.03%), Sodium: 216.74mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Folate: 61.64µg (15.41%), Vitamin B1: 0.23mg (15.03%), Vitamin C: 11.94mg (14.48%), Magnesium: 53.86mg (13.46%), Phosphorus: 131.32mg (13.13%), Vitamin B3: 2.56mg (12.81%), Fiber: 2.97g (11.88%), Manganese: 0.24mg (11.8%), Potassium: 396.53mg (11.33%), Vitamin A: 552.17IU (11.04%), Vitamin B5: 1.05mg (10.53%), Vitamin B6: 0.14mg (6.85%), Vitamin E: 0.77mg (5.14%), Vitamin B2: 0.08mg (4.95%), Zinc: 0.68mg (4.51%), Iron: 0.78mg (4.33%), Copper: 0.08mg (4.06%), Vitamin K: 2.91µg (2.77%), Selenium: 0.99µg (1.41%), Vitamin D: 0.17µg (1.12%)