



Grilled Corn on the Cob

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

Ingredients

- 0.5 cup butter softened
- 8 medium ears corn sweet
- 2 tablespoons basil fresh minced
- 2 tablespoons basil fresh minced
- 2 tablespoons parsley fresh minced
- 0.5 teaspoon salt

Equipment

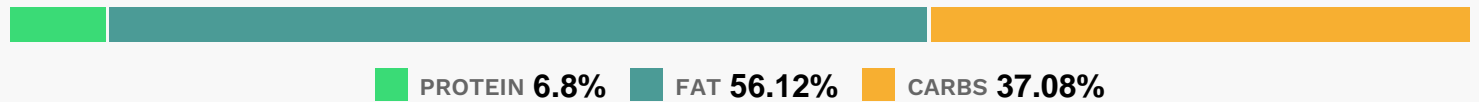
- bowl

- grill
- kitchen twine

Directions

- Soak corn in cold water for 20 minutes. Meanwhile, in a small bowl, combine the butter, basil, parsley and salt. Carefully peel back corn husks to within 1 in. of bottoms; remove silk.
- Spread butter mixture over corn.
- Rewrap corn in husks and secure with kitchen string. Grill corn, covered, over medium heat for 25–30 minutes or until tender, turning occasionally.
- Cut strings and peel back husks.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:6.6034781790298%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 190.03kcal (9.5%), Fat: 12.9g (19.84%), Saturated Fat: 7.63g (47.66%), Carbohydrates: 19.17g (6.39%), Net Carbohydrates: 17.08g (6.21%), Sugar: 6.41g (7.12%), Cholesterol: 30.5mg (10.17%), Sodium: 252.47mg (10.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.03%), Vitamin K: 21.85µg (20.81%), Vitamin A: 682.28IU (13.65%), Folate: 45.47µg (11.37%), Vitamin B1: 0.16mg (10.67%), Vitamin C: 8.45mg (10.24%), Magnesium: 39.17mg (9.79%), Phosphorus: 95.32mg (9.53%), Vitamin B3: 1.83mg (9.17%), Manganese: 0.18mg (8.99%), Fiber: 2.09g (8.36%), Potassium: 287.33mg (8.21%), Vitamin B5: 0.75mg (7.53%), Vitamin B6: 0.1mg (4.89%), Vitamin B2: 0.06mg (3.69%), Iron: 0.63mg (3.49%), Zinc: 0.5mg (3.34%), Copper: 0.06mg (3.03%), Vitamin E: 0.42mg (2.77%), Selenium: 0.76µg (1.08%)