



Grilled Corn on the Cob with a Trio of Flavored Butters

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 0.3 cup butter softened
- ☐ 0.1 teaspoon chili powder
- ☐ 1 teaspoon chili powder sweet
- ☐ 8 ears corn yellow
- ☐ 2 tablespoon basil fresh finely chopped
- ☐ 2 cloves garlic chopped

- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon hot sauce
- ☐ 0.3 teaspoon onion powder
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoon parsley italian finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 2 ounces sun-dried tomatoes boiling softened chopped (6 large)
- ☐ 0.3 teaspoon paprika sweet
- ☐ 2 teaspoon truffle oil
- ☐ 1 teaspoon worcestershire sauce

Equipment

- ☐ plastic wrap
- ☐ grill
- ☐ stove
- ☐ wax paper

Directions

- ☐ Heat an outdoor grill or a stovetop grill to high. Peel back husks of corn, but do not remove.
- ☐ Remove all silk from corn and coat corn with cooking spray.
- ☐ Sprinkle corn with salt and smooth husks back into place. Rub each husk with water and place directly on grill. Grill, turning occasionally, until kernels soften and husks blacken, 10 to 12 minutes. Pull back husks and serve corn with 1 teaspoon flavored butter.
- ☐ Using a spoon, mix butter with respective ingredients.
- ☐ Roll each into a log shape and wrap in plastic wrap or wax paper. Refrigerate until firm, 2 to 3 hours, then soften to room temperature before serving.
- ☐ Self

Nutrition Facts



 PROTEIN **9.42%**  FAT **41.75%**  CARBS **48.83%**

Properties

Glycemic Index:34.25, Glycemic Load:1.02, Inflammation Score:-7, Nutrition Score:8.6773913923813%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 159.99kcal (8%), Fat: 8.27g (12.72%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 18.78g (6.83%), Sugar: 8.44g (9.38%), Cholesterol: 15.25mg (5.08%), Sodium: 121.74mg (5.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Vitamin K: 24.84µg (23.66%), Manganese: 0.32mg (16.06%), Potassium: 517.1mg (14.77%), Vitamin C: 10.77mg (13.06%), Vitamin A: 638.28IU (12.77%), Magnesium: 49.9mg (12.48%), Vitamin B1: 0.18mg (12.19%), Fiber: 2.98g (11.93%), Vitamin B3: 2.32mg (11.6%), Folate: 45.58µg (11.39%), Phosphorus: 111.84mg (11.18%), Vitamin B5: 0.82mg (8.18%), Copper: 0.16mg (8.14%), Iron: 1.45mg (8.08%), Vitamin B6: 0.13mg (6.54%), Vitamin B2: 0.09mg (5.59%), Zinc: 0.62mg (4.11%), Vitamin E: 0.56mg (3.73%), Calcium: 21.78mg (2.18%), Selenium: 1.22µg (1.74%)