



Grilled Corn on the Cob with Chili-Lime Butter and Cotija Cheese



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



424 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon cayenne pepper
- ☐ 1 tablespoon chili powder
- ☐ 6 ears corn
- ☐ 1 cup feta cheese
- ☐ 3 juice of lime
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 cup butter unsalted at room temperature

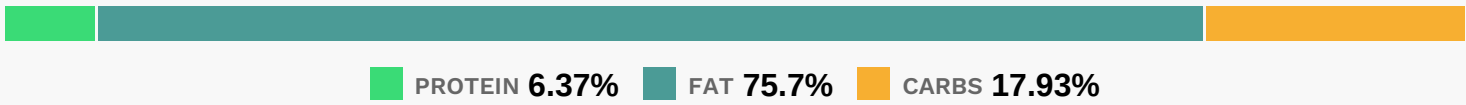
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat a grill to medium-high heat. Grill the corn in their husks until the husks start to blacken, about 3 minutes per side.
- ☐ Mix together the butter, chili powder, cayenne pepper, lime juice and some salt and black pepper in a bowl until incorporated.
- ☐ Peel back the corn husks, leaving on to use as handles while eating. Rub the chili-lime butter all over the corn.
- ☐ Garnish with the cotija cheese.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.31, Inflammation Score:-8, Nutrition Score:10.733478235162%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 423.74kcal (21.19%), Fat: 37.54g (57.75%), Saturated Fat: 23.1g (144.36%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 17.56g (6.39%), Sugar: 6.04g (6.71%), Cholesterol: 103.59mg (34.53%), Sodium: 324.95mg (14.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.21%), Vitamin A: 1761.34IU (35.23%), Phosphorus: 180.66mg (18.07%), Vitamin B2: 0.29mg (17.14%), Calcium: 141.57mg (14.16%), Vitamin C: 10.88mg (13.19%), Vitamin B1: 0.19mg (12.55%), Folate: 49.18µg (12.29%), Vitamin B6: 0.23mg (11.65%), Vitamin E: 1.63mg (10.85%), Magnesium: 42.67mg (10.67%), Vitamin B3: 2.06mg (10.31%), Manganese: 0.2mg (10%), Fiber: 2.44g (9.76%), Vitamin B5: 0.96mg (9.6%), Potassium: 319.17mg (9.12%), Zinc: 1.25mg (8.31%), Vitamin B12: 0.49µg (8.11%), Selenium: 4.99µg (7.13%), Iron: 0.92mg (5.1%), Vitamin K: 5.3µg (5.05%), Vitamin D: 0.67µg (4.45%), Copper: 0.08mg (4.13%)