



Grilled Corn on the Cob with Cilantro Queso Fresco Butter



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 0.7 cup cilantro leaves coarsely chopped
- ☐ 6 ears corn on the cob in husks
- ☐ 0.3 cup kosher salt
- ☐ 1 teaspoon lime zest
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup queso fresco cheese) fresh (mexican-style

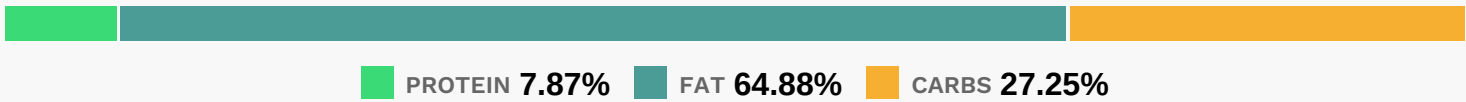
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ spatula

Directions

- ☐ Remove silks from corn but leave husks intact. Put corn in a large bowl with 1/4 cup salt and water to cover. Soak about 1 hour.
- ☐ Heat a grill to medium-high (350 to 450). Meanwhile, whirl queso fresco, butter, mayonnaise, and lime zest in a food processor until fairly smooth.
- ☐ Add cilantro and pulse to blend.
- ☐ Spread half the butter mixture on a plate and spoon the rest into a small bowl.
- ☐ Grill corn, covered, turning occasionally, until tender (peel back husks to check), 10 to 15 minutes. Peel back husks from cobs and tie with a strip of husk.
- ☐ Roll cobs in butter mixture on plate to coat (use a flexible spatula to help), then set on a platter.
- ☐ Serve with remaining butter and more salt to add to taste.
- ☐ *Find queso fresco at well-stocked grocery stores and Latino markets.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:7.0521739151167%

Flavonoids

Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 239.59kcal (11.98%), Fat: 18.3g (28.15%), Saturated Fat: 7.56g (47.24%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 15.43g (5.61%), Sugar: 5.95g (6.61%), Cholesterol: 31.27mg (10.42%), Sodium: 4926.32mg (214.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.99%), Vitamin K: 21.76µg (20.72%), Phosphorus: 124.39mg (12.44%), Vitamin A: 612.8IU (12.26%), Folate: 40.39µg (10.1%), Vitamin B1: 0.15mg (9.76%), Magnesium: 36.63mg (9.16%), Manganese: 0.17mg (8.43%), Vitamin C: 6.7mg (8.12%), Vitamin B3: 1.62mg (8.1%), Potassium: 270.83mg (7.74%), Fiber: 1.86g (7.44%), Vitamin B5: 0.72mg (7.19%), Calcium: 66.58mg (6.66%), Zinc: 0.72mg (4.8%), Vitamin B6: 0.1mg (4.76%), Vitamin E: 0.67mg (4.48%), Vitamin B2: 0.08mg (4.41%), Selenium: 2.84µg (4.06%), Vitamin B12: 0.2µg (3.3%), Iron: 0.58mg (3.24%), Copper: 0.06mg (3.08%), Vitamin D: 0.29µg (1.95%)