



Grilled Corn on the Cob with Citrus Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



289 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
- ☐ 8 servings salt and pepper
- ☐ 0.3 pound butter unsalted softened (1 stick)

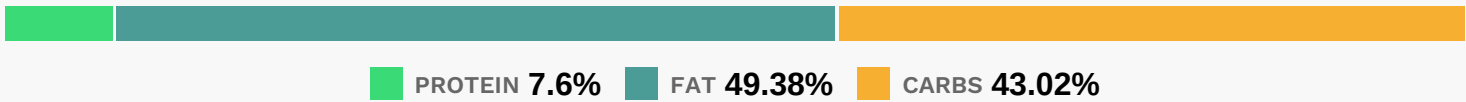
Equipment

- ☐ 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 made up to 2 days in advance. Cover and refrigerate; remove from fridge 15 minutes before serving to soften.)
- ☐ Prepare a charcoal grill and let burn until coals are glowing, or set a gas grill to medium-high.
- ☐ Shuck corn, discarding husks and silk.
- ☐ Brush with a small amount of olive oil and place on hot grill. Cook, turning often, until slightly charred in spots and soft, 5 to 10 minutes.
- ☐ Sprinkle with salt and pepper.
- ☐ Place corn on a large platter and top with a small scoop of butter.
- ☐ Serve remaining butter on the side.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:9.6300001105537%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 289.15kcal (14.46%), Fat: 17.44g (26.83%), Saturated Fat: 8.35g (52.19%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 30.48g (11.08%), Sugar: 11.38g (12.65%), Cholesterol: 30.48mg (10.16%), Sodium: 222.49mg (9.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.07%), Folate: 77.06µg (19.27%), Vitamin B1: 0.28mg (18.78%), Vitamin C: 14.93mg (18.1%), Magnesium: 67.32mg (16.83%), Phosphorus: 164.19mg (16.42%), Vitamin B3: 3.2mg (16.02%), Fiber: 3.71g (14.85%), Manganese: 0.29mg (14.75%), Potassium: 495.69mg (14.16%),

Vitamin A: 694.58IU (13.89%), Vitamin B5: 1.32mg (13.16%), Vitamin B6: 0.17mg (8.56%), Vitamin E: 0.97mg (6.45%),
Vitamin B2: 0.11mg (6.19%), Zinc: 0.85mg (5.64%), Iron: 0.97mg (5.41%), Copper: 0.1mg (5.07%), Vitamin K: 3.64µg
(3.47%), Selenium: 1.24µg (1.77%), Vitamin D: 0.21µg (1.42%)