



WHATSheATE



Grilled Corn on the Cob with Garlic Butter, Fresh Lime and Cotija Cheese



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



640 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons chives chopped for garnish
- ☐ 0.5 cup cotija cheese grated
- ☐ 8 ears corn
- ☐ 0.3 bunch chives fresh
- ☐ 8 cloves garlic peeled coarsely chopped
- ☐ 0.3 habanero pepper seeded
- ☐ 4 limes fresh quartered

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 sticks butter unsalted softened

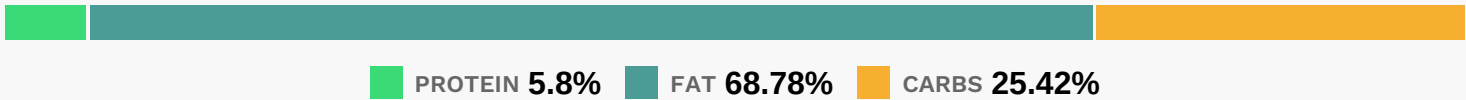
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat grill to medium. Peel back the husks of the corn without removing them.
- ☐ Remove the silks and recover the corn with the husk. Soak in large bowl of cold water for 30 minutes.
- ☐ Remove corn from water and shake off excess.
- ☐ Place the corn on the grill, close the cover and grill for 15 to 20 minutes.
- ☐ Unwrap corn and brush with the garlic butter.
- ☐ Sprinkle with the cotija cheese and squeeze with lime.
- ☐ Sprinkle with chopped chives, to garnish.
- ☐ Combine butter, garlic, habanero, and chives in a food processor and process until smooth. Season with salt and pepper. Set aside until ready to use.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:2.45, Inflammation Score:-9, Nutrition Score:16.912173748016%

Flavonoids

Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg

Kaempferol: 0.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 639.66kcal (31.98%), Fat: 52.47g (80.72%), Saturated Fat: 32.13g (200.79%), Carbohydrates: 43.64g (14.55%), Net Carbohydrates: 37.96g (13.8%), Sugar: 12.56g (13.96%), Cholesterol: 138.16mg (46.05%), Sodium: 249.45mg (10.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.96g (19.92%), Vitamin C: 35.52mg (43.06%), Vitamin A: 1944.37IU (38.89%), Phosphorus: 259.63mg (25.96%), Vitamin B1: 0.34mg (22.98%), Fiber: 5.68g (22.72%), Folate: 90.83µg (22.71%), Manganese: 0.43mg (21.35%), Magnesium: 77.86mg (19.47%), Vitamin B3: 3.59mg (17.96%), Vitamin B6: 0.36mg (17.88%), Vitamin B2: 0.3mg (17.6%), Potassium: 612.11mg (17.49%), Vitamin B5: 1.72mg (17.24%), Calcium: 144.71mg (14.47%), Vitamin E: 1.63mg (10.88%), Zinc: 1.57mg (10.5%), Iron: 1.62mg (8.99%), Copper: 0.18mg (8.93%), Vitamin K: 9.32µg (8.87%), Selenium: 5.6µg (8%), Vitamin B12: 0.41µg (6.88%), Vitamin D: 0.92µg (6.15%)