



Grilled Corn on the Cob with Garlic Butter, Fresh Lime, and Queso Fresco

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



344 kcal

SIDE DISH

Ingredients

- 8 ears corn cold for at least 10 minutes
- 0.5 cup queso fresco crumbled
- 4 cloves garlic coarsely chopped
- 2 lime fresh quartered
- 6 servings pepper black freshly ground
- 12 tablespoons butter unsalted softened ()

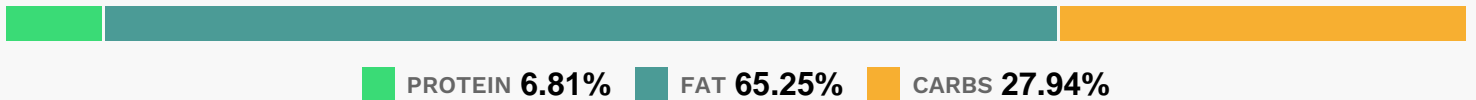
Equipment

- food processor
- knife
- blender
- wooden spoon
- grill

Directions

- Combine the butter and garlic in a food processor or with a mixer until smooth. (To mix by hand, let the butter get very soft, then beat in the garlic, finely minced, with a large wooden spoon.) Season to taste with salt and pepper. (The garlic butter can be made in advance, covered, and kept refrigerated up to 2 days, or frozen for a week. Bring to cool room temperature before serving.)
- Heat your grill to high.
- Place the corn on the grill, close the grill hood, and cook for 15 to 20 minutes, turning occasionally, until steamed through and hot but still crisp (test by carefully piercing with a knife). Unwrap the husks from the corn and immediately spread or brush with garlic butter.
- Squeeze the limes on top and and sprinkle with cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:9.0560869859613%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 344.29kcal (17.21%), Fat: 26.81g (41.24%), Saturated Fat: 16.09g (100.58%), Carbohydrates: 25.83g (8.61%), Net Carbohydrates: 22.74g (8.27%), Sugar: 8.16g (9.07%), Cholesterol: 67.21mg (22.41%), Sodium: 98.24mg (4.27%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.3g (12.59%), Vitamin A: 1017.96IU (20.36%), Vitamin C: 15.28mg (18.52%), Phosphorus: 159.9mg (15.99%), Vitamin B1: 0.2mg (13.5%), Folate: 53.82µg (13.45%), Fiber: 3.09g (12.37%), Magnesium: 49.41mg (12.35%), Manganese: 0.25mg (12.31%), Vitamin B3: 2.2mg (10.99%), Potassium: 375.96mg (10.74%), Vitamin B5: 0.99mg (9.89%), Calcium: 78.1mg (7.81%), Vitamin B6: 0.15mg (7.74%), Zinc: 0.89mg (5.92%), Vitamin B2: 0.1mg (5.88%), Vitamin E: 0.82mg (5.49%), Selenium: 3.34µg (4.77%), Copper: 0.09mg (4.72%), Vitamin D: 0.69µg (4.63%), Iron: 0.83mg (4.6%), Vitamin B12: 0.22µg (3.64%), Vitamin K: 2.75µg (2.62%)