



Grilled Corn on the Cob with Herb Butter



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 4 ears corn fresh sweet cleaned
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 teaspoon garlic salt

Equipment

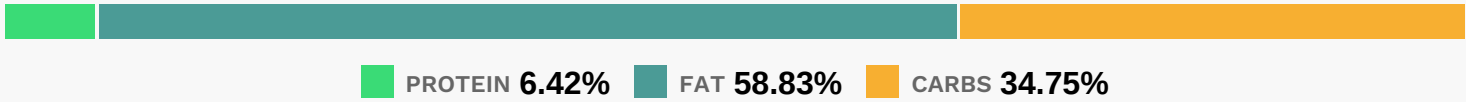
- ☐ bowl
- ☐ grill

☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Cut 4 (18x12-inch) sheets of heavy-duty foil.
- ☐ Place each ear of corn on center of 1 foil sheet. In small bowl, mix herb butter ingredients.
- ☐ Brush or spoon herb butter over surface of each ear. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion.
- ☐ Place wrapped corn on grill over medium heat. Cook 15 to 20 minutes, turning occasionally, until tender. Open foil carefully to allow hot steam to escape.
- ☐ Drizzle corn with any remaining herb butter.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:6.0352174108443%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 179.71kcal (8.99%), Fat: 12.74g (19.59%), Saturated Fat: 7.59g (47.42%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 15.08g (5.48%), Sugar: 5.65g (6.28%), Cholesterol: 30.5mg (10.17%), Sodium: 396.01mg (17.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.25%), Vitamin K: 21.81µg (20.77%), Vitamin A: 659.84IU (13.2%), Folate: 40.43µg (10.11%), Vitamin B1: 0.14mg (9.43%), Vitamin C: 7.63mg (9.25%), Magnesium: 34.73mg (8.68%), Phosphorus: 84.64mg (8.46%), Vitamin B3: 1.62mg (8.11%), Manganese: 0.16mg (8.03%), Fiber: 1.85g (7.4%), Potassium: 254.96mg (7.28%), Vitamin B5: 0.67mg (6.67%), Vitamin B6: 0.09mg (4.33%), Vitamin B2: 0.06mg (3.3%), Iron: 0.57mg (3.15%), Zinc: 0.45mg (2.98%), Vitamin E: 0.41mg (2.72%), Copper: 0.05mg (2.71%)