



Grilled Corn on the Cob with Jalapeño-Lime Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



215 kcal

SIDE DISH

Ingredients

- 0.5 cup butter room temperature (1 stick)
- 6 ears corn fresh
- 1 garlic clove minced
- 2 jalapeno
- 1 teaspoon lime zest grated

Equipment

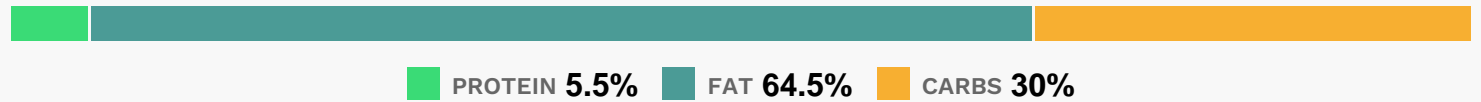
- bowl

- knife
- grill
- oven mitt

Directions

- Prepare barbecue (high heat). Grill chiles until charred on all sides. Cool 5 minutes. Using small paring knife, peel chiles. Scrape out seeds and pale membranes; discard. Coarsely chop chiles; transfer to processor.
- Add butter, garlic, and lime peel; process until smooth. Season jalapeño–lime butter to taste with salt.
- Transfer to small bowl. (Can be made 1 day ahead. Cover and chill. Bring to room temperature before serving.)
- Grill corn until husks are blackened on all sides, turning occasionally, about 15 minutes. Wearing oven mitts to protect hands, remove husks and silk from corn.
- Serve immediately with jalapeño–lime butter and salt.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:5.6578261022982%

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 Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 215.23kcal (10.76%), Fat: 16.58g (25.5%), Saturated Fat: 10.02g (62.63%), Carbohydrates: 17.35g (5.78%), Net Carbohydrates: 15.39g (5.6%), Sugar: 5.85g (6.5%), Cholesterol: 40.67mg (13.56%), Sodium: 135.37mg (5.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Vitamin C: 11.91mg (14.43%), Vitamin A: 691.55IU (13.83%), Folate: 39.67µg (9.92%), Vitamin B1: 0.14mg (9.56%), Phosphorus: 86.68mg (8.67%), Magnesium: 34.52mg (8.63%), Vitamin B3: 1.66mg (8.32%), Manganese: 0.16mg (7.98%), Fiber: 1.95g (7.8%), Potassium: 261.46mg (7.47%), Vitamin B5: 0.68mg (6.85%), Vitamin B6: 0.11mg (5.51%), Vitamin E: 0.67mg (4.47%), Vitamin B2:

0.06mg (3.52%), Zinc: 0.44mg (2.96%), Iron: 0.49mg (2.74%), Copper: 0.05mg (2.62%), Vitamin K: 2.47µg (2.35%),
Selenium: 0.82µg (1.17%)