



Grilled Corn on the Cob with Roasted Jalapeño Butter



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 6 ears shucked corn
- ☐ 2 teaspoons honey
- ☐ 1 jalapeno
- ☐ 1 teaspoon lime rind grated
- ☐ 0.3 teaspoon salt
- ☐ 7 teaspoons butter unsalted softened

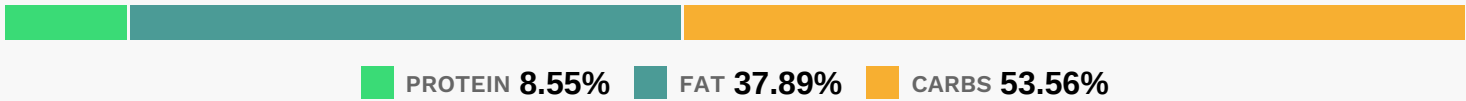
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Place jalapeo on grill rack coated with cooking spray; cover and grill for 10 minutes or until blackened and charred, turning occasionally.
- ☐ Place jalapeo in a small paper bag, and fold tightly to seal.
- ☐ Let stand for 5 minutes. Peel and discard skins; cut jalapeo in half lengthwise. Discard stem, seeds, and membranes. Finely chop jalapeo.
- ☐ Combine jalapeo, butter, lime rind, honey, and salt in a small bowl; stir well.
- ☐ Place corn on grill rack. Cover and grill for 10 minutes or until lightly charred, turning occasionally.
- ☐ Place corn on serving plate; brush with jalapeo butter.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:1.04, Inflammation Score:-4, Nutrition Score:4.8478260811256%

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: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 127.1kcal (6.35%), Fat: 5.96g (9.16%), Saturated Fat: 3.29g (20.57%), Carbohydrates: 18.94g (6.31%), Net Carbohydrates: 17.06g (6.2%), Sugar: 7.65g (8.51%), Cholesterol: 12.54mg (4.18%), Sodium: 111.21mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.05%), Vitamin C: 9mg (10.9%), Folate: 38.68µg (9.67%), Vitamin B1: 0.14mg (9.39%), Magnesium: 33.84mg (8.46%), Phosphorus: 82.26mg (8.23%), Vitamin B3: 1.63mg (8.14%), Manganese: 0.15mg (7.57%), Fiber: 1.88g (7.52%), Potassium: 251.76mg (7.19%), Vitamin A: 339.39IU (6.79%), Vitamin B5: 0.66mg (6.61%), Vitamin B6: 0.09mg (4.72%), Vitamin B2: 0.05mg (3.18%), Zinc: 0.43mg (2.86%), Iron: 0.49mg (2.71%), Copper: 0.05mg (2.59%), Vitamin E: 0.28mg (1.88%), Vitamin K: 1.11µg (1.06%)