



Grilled Corn with Chile-Lime Spread



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 0.5 teaspoon lime zest grated
- ☐ 3 tablespoons juice of lime
- ☐ 1 teaspoons chili powder red
- ☐ 8 ears corn with husks)

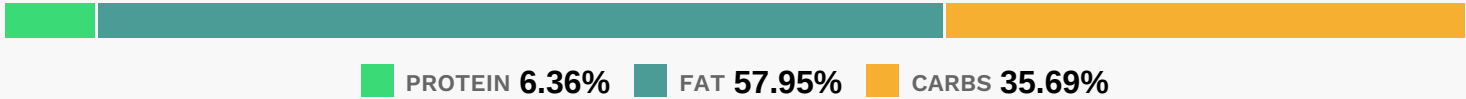
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix all ingredients except corn.
- ☐ Remove large outer husks from each ear of corn; gently pull back inner husks and remove silk.
- ☐ Spread each ear of corn with about 2 teaspoons butter mixture; reserve remaining butter mixture. Pull husks up over ears.
- ☐ Place corn on grill. Cook uncovered over medium heat 10 to 15 minutes, turning frequently, until tender.
- ☐ Let stand 5 minutes.
- ☐ Serve corn with remaining butter mixture.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:5.2739130485317%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 181.56kcal (9.08%), Fat: 12.68g (19.5%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 15.66g (5.69%), Sugar: 5.75g (6.39%), Cholesterol: 0mg (0%), Sodium: 151.5mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin A: 752.79IU (15.06%), Folate: 38.58µg (9.65%), Vitamin C: 7.87mg (9.54%), Vitamin B1: 0.14mg (9.53%), Magnesium: 34.56mg (8.64%), Phosphorus: 84.92mg (8.49%), Vitamin B3: 1.63mg (8.17%), Fiber: 1.91g (7.65%), Manganese: 0.15mg (7.6%), Potassium: 260.54mg (7.44%), Vitamin B5: 0.67mg (6.67%), Vitamin B6: 0.09mg (4.62%), Vitamin E: 0.61mg (4.07%), Vitamin B2: 0.06mg (3.41%), Iron: 0.52mg (2.87%), Zinc: 0.43mg (2.86%), Copper: 0.05mg (2.63%)