



Grilled Corn with Garlic-Cilantro Butter

 **Gluten Free**  **Dairy Free**

READY IN



160 min.

SERVINGS



6

CALORIES



91 kcal

SIDE DISH

Ingredients

- 6 corn husks
- 0.3 cup butter softened
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon lime zest grated
- 0.3 teaspoon garlic salt
- 0.3 teaspoon ground cumin
- 0.3 teaspoon pepper black red

Equipment

bowl

grill

Directions

Place corn (in husks) in large container; cover with cold water.

Let stand 2 hours.

In small bowl, mix Garlic-Cilantro Butter ingredients. Cover; refrigerate until serving.

Heat gas or charcoal grill.

Place corn (in husks) on grill over medium heat. Cover grill; cook 20 to 30 minutes, turning occasionally, until corn is tender.

Remove husks from corn.

Serve corn with Garlic-Cilantro Butter.

Nutrition Facts

 **PROTEIN 0.61%**  **FAT 98.42%**  **CARBS 0.97%**

Properties

Glycemic Index:16.83, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:0.70869563244607%

Flavonoids

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 91.28kcal (4.56%), Fat: 10.17g (15.65%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 0.23g (0.08%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 216.04mg (9.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.28%), Vitamin A: 461.69IU (9.23%), Vitamin E: 0.4mg (2.66%)