



Grilled Corn with Garlic-Cilantro Butter



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

Ingredients

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

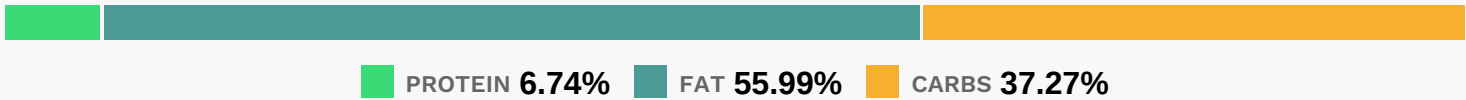
Equipment

- ☐ 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



Properties

Glycemic Index:16.83, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:4.9821739410577%

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: 168.68kcal (8.43%), Fat: 11.39g (17.52%), Saturated Fat: 2.4g (15.01%), Carbohydrates: 17.06g (5.69%), Net Carbohydrates: 15.22g (5.53%), Sugar: 5.64g (6.27%), Cholesterol: 0mg (0%), Sodium: 229.54mg (9.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.17%), Vitamin A: 629.99IU (12.6%), Folate: 38.04µg (9.51%), Vitamin B1: 0.14mg (9.43%), Magnesium: 34.17mg (8.54%), Phosphorus: 83.64mg (8.36%), Manganese: 0.16mg (8.05%), Vitamin B3: 1.6mg (8.01%), Vitamin C: 6.24mg (7.56%), Fiber: 1.84g (7.35%), Potassium: 251.78mg (7.19%), Vitamin B5: 0.66mg (6.58%), Vitamin B6: 0.09mg (4.29%), Vitamin B2: 0.05mg (3.23%), Vitamin E: 0.46mg (3.08%), Iron: 0.54mg (2.98%), Zinc: 0.42mg (2.8%), Copper: 0.05mg (2.55%)