



Grilled Corn with Herb Butter



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 servings cayenne pepper
- ☐ 8 ears corn
- ☐ 2 tablespoons tender herbs fresh finely chopped (such as cilantro, chives, and/or flat-leaf parsley)
- ☐ 1.5 teaspoon kosher salt
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 1 tablespoon vegetable oil

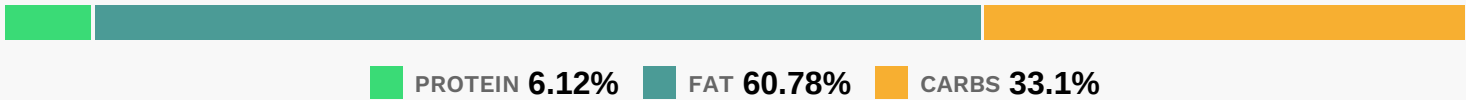
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill for medium-high heat.
- ☐ Mix butter, herbs, salt, pepper, and a pinch of cayenne pepper in a small bowl. Set herb butter aside.
- ☐ Brush corn with oil and grill, turning often, until it is tender and charred in spots, 5-8 minutes.
- ☐ Transfer corn to a large platter or bowl and spread with reserved herb butter, dividing evenly.
- ☐ DO AHEAD: Herb butter can be made 1 day ahead. Cover and chill. Bring to room temperature before spreading over grilled ears of corn.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.21, Inflammation Score:-8, Nutrition Score:7.6882608675438%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 201.19kcal (10.06%), Fat: 14.78g (22.74%), Saturated Fat: 7.91g (49.42%), Carbohydrates: 18.11g (6.04%), Net Carbohydrates: 15.71g (5.71%), Sugar: 5.86g (6.51%), Cholesterol: 30.5mg (10.17%), Sodium: 452.27mg (19.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Vitamin A: 1439.97IU (28.8%), Vitamin K: 22.6µg (21.52%), Vitamin C: 8.98mg (10.88%), Folate: 41.89µg (10.47%), Manganese: 0.21mg (10.3%), Vitamin B1: 0.15mg (9.85%), Fiber: 2.41g (9.63%), Magnesium: 37.35mg (9.34%), Phosphorus: 90.14mg (9.01%), Vitamin B3: 1.79mg (8.94%), Potassium: 293.98mg (8.4%), Vitamin E: 1.14mg (7.58%), Vitamin B6: 0.13mg (6.72%), Vitamin B5: 0.67mg (6.67%), Vitamin B2: 0.07mg (4.35%), Iron: 0.7mg (3.92%), Zinc: 0.49mg (3.26%), Copper: 0.06mg (3.09%), Vitamin D: 0.21µg (1.42%), Selenium: 0.87µg (1.24%), Calcium: 10.37mg (1.04%)