



Grilled Corn with Herbs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 8 ears of corn in the husk
- ☐ 0.3 cup herbs such as chives mixed fresh chopped
- ☐ 6 tablespoons lime butter sauce

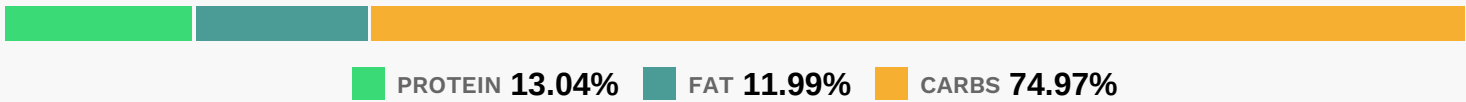
Equipment

- ☐ oven
- ☐ knife
- ☐ grill

Directions

- ☐ Prepare grill for cooking over medium-hot charcoal (moderate heat for gas).
- ☐ Grill corn (in husks) on lightly oiled grill rack, turning, covered, until kernels are tender, 20 to 30 minutes.
- ☐ Remove corn from grill and let stand until cool enough to handle but still warm, about 10 minutes.
- ☐ Discard husks and stem ends from corn.
- ☐ Cut kernels off cobs with a large knife and toss with herbs and lime butter sauce.
- ☐ If you aren't able to grill outdoors, corn (in husks) can be roasted directly on middle rack of a preheated 450°F oven 30 minutes.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.17, Inflammation Score:-6, Nutrition Score:8.1595652258914%

Flavonoids

Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 105.9kcal (5.3%), Fat: 1.65g (2.54%), Saturated Fat: 0.39g (2.47%), Carbohydrates: 23.23g (7.74%), Net Carbohydrates: 20.58g (7.48%), Sugar: 7.63g (8.48%), Cholesterol: 0mg (0%), Sodium: 19.52mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin K: 41.4µg (39.42%), Vitamin C: 13.23mg (16.04%), Folate: 54.68µg (13.67%), Vitamin B1: 0.19mg (12.66%), Magnesium: 46.01mg (11.5%), Phosphorus: 109.33mg (10.93%), Vitamin B3: 2.17mg (10.84%), Fiber: 2.65g (10.6%), Manganese: 0.2mg (10%), Potassium: 343.97mg (9.83%), Vitamin B5: 0.88mg (8.83%), Vitamin A: 438IU (8.76%), Vitamin B6: 0.12mg (5.82%), Iron: 0.81mg (4.53%), Vitamin B2: 0.07mg (4.1%), Zinc: 0.59mg (3.9%), Copper: 0.07mg (3.62%), Selenium: 0.75µg (1.07%)