



Grilled Corn with Hoisin-Orange Butter

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter room temperature
- ☐ 0.8 teaspoon sriracha
- ☐ 6 ears corn white husked rinsed
- ☐ 6 servings cilantro leaves fresh chopped
- ☐ 1 tablespoon hoisin sauce

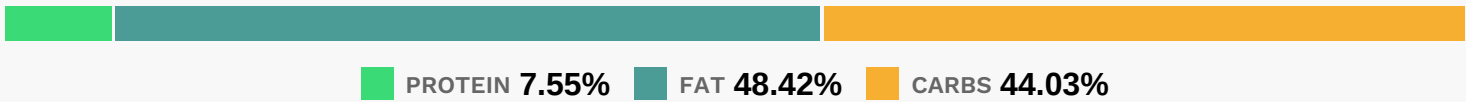
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Mix first 4 ingredients in small bowl to blend. Season with salt and pepper.
- ☐ Grill corn until beginning to soften, turning occasionally, about 5 minutes.
- ☐ Brush all over with hoisin butter; continue to grill until corn is tender, brushing occasionally with more hoisin butter, about 5 minutes longer.
- ☐ Transfer to platter; brush with more hoisin butter.
- ☐ Sprinkle with cilantro; serve.
- ☐ * Available in the Asian foods section of many supermarkets and at Asian markets.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:4.7621739066165%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 150.93kcal (7.55%), Fat: 8.88g (13.65%), Saturated Fat: 5.11g (31.91%), Carbohydrates: 18.16g (6.05%), Net Carbohydrates: 16.26g (5.91%), Sugar: 6.48g (7.2%), Cholesterol: 20.15mg (6.72%), Sodium: 147.47mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.23%), Folate: 38.76µg (9.69%), Vitamin B1: 0.14mg (9.34%), Magnesium: 34.15mg (8.54%), Phosphorus: 83.4mg (8.34%), Vitamin A: 408.45IU (8.17%), Vitamin B3: 1.63mg (8.15%), Manganese: 0.15mg (7.69%), Fiber: 1.9g (7.61%), Vitamin C: 6.16mg (7.46%), Potassium: 248.93mg (7.11%), Vitamin B5: 0.66mg (6.58%), Vitamin B6: 0.09mg (4.29%), Vitamin B2: 0.06mg (3.45%), Zinc: 0.43mg (2.88%), Iron: 0.5mg (2.77%), Copper: 0.05mg (2.61%), Vitamin E: 0.29mg (1.93%), Vitamin K: 1.25µg (1.19%)