



Grilled Corn with Honey-Ancho Chile Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon ancho chili powder
- ☐ 0.5 teaspoon kosher salt
- ☐ 8 ears corn husked
- ☐ 0.3 teaspoon sea salt
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon honey
- ☐ 0.3 teaspoon onion powder
- ☐ 0.5 teaspoon oregano dried

☐ 8 tablespoons butter unsalted divided room temperature (1 stick)

Equipment

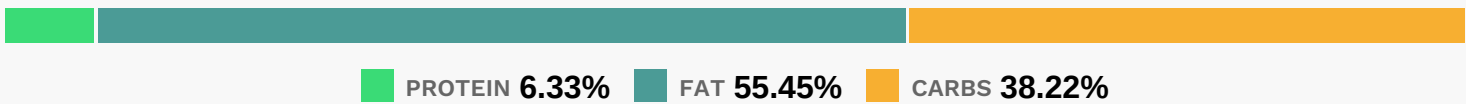
☐ bowl

☐ grill

Directions

- ☐ Melt 2 tablespoons butter in small skillet over medium-low heat.
- ☐ Add chile powder and cumin; stir 10 seconds.
- ☐ Transfer to medium bowl; stir in honey and cool.
- ☐ Add oregano, coarse salt, granulated garlic, onion powder, and 6 tablespoons butter to butter mixture.
- ☐ Mix until smooth. DO AHEAD: Can be made 2 days ahead. Cover; chill. Bring to room temperature.
- ☐ Prepare barbecue (medium-high heat). Grill corn until charred in spots, turning often, about 13 minutes.
- ☐ Transfer corn to platter.
- ☐ Serve with honey-ancho butter.

Nutrition Facts



Properties

Glycemic Index: 8.41, Glycemic Load: 1.14, Inflammation Score: -6, Nutrition Score: 5.9291304103706%

Nutrients (% of daily need)

Calories: 190.37kcal (9.52%), Fat: 12.78g (19.65%), Saturated Fat: 7.51g (46.97%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 17.56g (6.39%), Sugar: 7.89g (8.76%), Cholesterol: 30.1mg (10.03%), Sodium: 177.44mg (7.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin A: 819.96IU (16.4%), Folate: 38.96µg (9.74%), Vitamin B1: 0.15mg (9.68%), Manganese: 0.18mg (9.15%), Magnesium: 36.52mg (9.13%), Fiber: 2.25g (9%), Phosphorus: 88.59mg (8.86%), Vitamin B3: 1.74mg (8.68%), Potassium: 275.03mg (7.86%), Vitamin C: 6.18mg (7.49%), Vitamin B5: 0.67mg (6.74%), Vitamin B6: 0.11mg (5.5%), Vitamin E: 0.8mg (5.34%), Iron: 0.88mg (4.86%),

Vitamin B2: 0.07mg (3.9%), Zinc: 0.5mg (3.31%), Copper: 0.07mg (3.29%), Vitamin K: 3.1µg (2.95%), Vitamin D: 0.21µg (1.4%), Selenium: 0.96µg (1.36%), Calcium: 13.35mg (1.33%)