



Grilled Corn with Honey Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons butter melted
- ☐ 4 ears corn
- ☐ 1 tablespoon honey
- ☐ 0.1 teaspoon salt

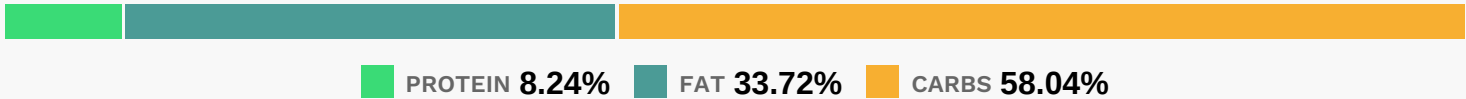
Equipment

- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Place corn on a grill rack coated with cooking spray; grill 8 minutes, turning frequently.
- ☐ Combine butter, honey, salt, and peppers; brush over corn.

Nutrition Facts



Properties

Glycemic Index:33.57, Glycemic Load:2.27, Inflammation Score:0, Nutrition Score:4.5543478118337%

Nutrients (% of daily need)

Calories: 131.16kcal (6.56%), Fat: 5.47g (8.42%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 21.2g (7.07%), Net Carbohydrates: 19.37g (7.04%), Sugar: 9.95g (11.05%), Cholesterol: 11.29mg (3.76%), Sodium: 120.15mg (5.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Folate: 38.07µg (9.52%), Vitamin B1: 0.14mg (9.32%), Magnesium: 33.62mg (8.4%), Phosphorus: 81.67mg (8.17%), Vitamin B3: 1.6mg (8.01%), Manganese: 0.16mg (7.95%), Vitamin C: 6.15mg (7.45%), Fiber: 1.83g (7.31%), Potassium: 247.84mg (7.08%), Vitamin B5: 0.66mg (6.56%), Vitamin A: 299.84IU (6%), Vitamin B6: 0.09mg (4.26%), Vitamin B2: 0.05mg (3.14%), Zinc: 0.43mg (2.87%), Iron: 0.5mg (2.77%), Copper: 0.05mg (2.57%), Vitamin E: 0.19mg (1.24%)