



Grilled Corn With Jalapeño-Lime Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



226 kcal

SIDE DISH

Ingredients

- 0.8 cup butter softened
- 10 ears corn fresh
- 2 large jalapeno minced seeded
- 1 tablespoon kosher salt
- 1 teaspoon juice of lime fresh
- 2 tablespoons lime zest grated
- 2 tablespoons olive oil
- 1 teaspoon pepper freshly ground

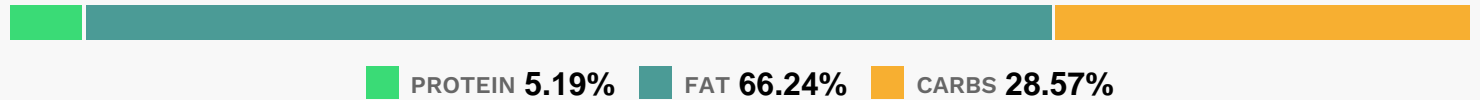
Equipment

- plastic wrap
- grill
- wax paper

Directions

- Combine first 4 ingredients, and shape into a 6-inch log; wrap in wax paper or plastic wrap, and chill 1 hour.
- Rub corn with olive oil; sprinkle evenly with salt and pepper.
- Grill, covered with grill lid, over high heat (400 to 500), turning often, 15 to 20 minutes or until tender.
- Serve with flavored butter.
- Sweet-Hot Ketchup: Stir together 1 cup ketchup, 3 tablespoons lime juice, 2 tablespoons honey, 1 teaspoon grated lime rind, and 1 teaspoon chipotle chile pepper seasoning until blended. Cover and chill 2 hours. Makes 1 1/3 cups; Prep: 10 min., Chill: 2 hrs.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:5.6330435392649%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 226.02kcal (11.3%), Fat: 17.84g (27.45%), Saturated Fat: 9.44g (58.97%), Carbohydrates: 17.32g (5.77%), Net Carbohydrates: 15.35g (5.58%), Sugar: 5.79g (6.43%), Cholesterol: 36.6mg (12.2%), Sodium: 820.83mg (35.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.29%), Vitamin A: 625.88IU (12.52%), Vitamin C: 9.94mg (12.05%), Folate: 39.25µg (9.81%), Vitamin B1: 0.14mg (9.48%), Manganese: 0.18mg (8.85%), Magnesium:

34.53mg (8.63%), Phosphorus: 85.52mg (8.55%), Vitamin B3: 1.64mg (8.21%), Fiber: 1.96g (7.86%), Potassium: 258.67mg (7.39%), Vitamin B5: 0.68mg (6.79%), Vitamin E: 0.97mg (6.45%), Vitamin B6: 0.1mg (4.86%), Vitamin K: 4µg (3.81%), Vitamin B2: 0.06mg (3.41%), Iron: 0.53mg (2.93%), Zinc: 0.44mg (2.93%), Copper: 0.05mg (2.7%), Selenium: 0.74µg (1.05%)