



Grilled Corn with Jalapeno-Lime Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 6 ears corn fresh
- ☐ 2 jalapeño peppers minced seeded
- ☐ 2 teaspoons kosher salt
- ☐ 1 teaspoon juice of lime fresh
- ☐ 2 tablespoons lime rind grated
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon pepper freshly ground

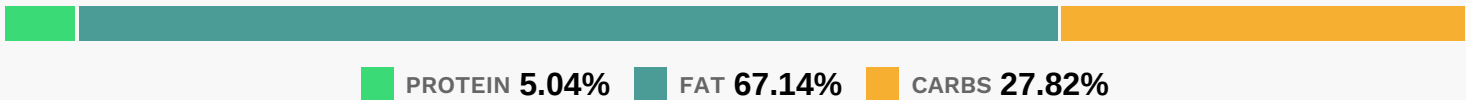
Equipment

- ☐ grill
- ☐ wax paper

Directions

- ☐ Combine first 4 ingredients, and shape into a 6-inch log; wrap in wax paper, and chill 1 hour.
- ☐ Rub corn with olive oil; sprinkle evenly with salt and pepper.
- ☐ Grill corn, covered with grill lid, over high heat (400 to 500), turning often, 15 to 20 minutes or until tender.
- ☐ Serve with flavored butter.
- ☐ Prep: 25 min., Chill: 1 hr., Grill: 20 min.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:6.0165217518806%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 236.66kcal (11.83%), Fat: 18.92g (29.11%), Saturated Fat: 10.35g (64.67%), Carbohydrates: 17.64g (5.88%), Net Carbohydrates: 15.56g (5.66%), Sugar: 5.89g (6.54%), Cholesterol: 40.67mg (13.56%), Sodium: 910.6mg (39.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Vitamin C: 12.49mg (15.14%), Vitamin A: 694.57IU (13.89%), Folate: 39.93µg (9.98%), Manganese: 0.2mg (9.8%), Vitamin B1: 0.14mg (9.57%), Magnesium: 35.15mg (8.79%), Phosphorus: 86.86mg (8.69%), Vitamin B3: 1.67mg (8.35%), Fiber: 2.07g (8.3%), Potassium: 266.74mg (7.62%), Vitamin B5: 0.69mg (6.91%), Vitamin E: 1.01mg (6.76%), Vitamin B6: 0.11mg (5.3%), Vitamin K: 4.42µg (4.21%), Vitamin B2: 0.06mg (3.55%), Iron: 0.55mg (3.05%), Zinc: 0.45mg (2.98%), Copper: 0.06mg (2.87%), Selenium: 0.77µg (1.11%)