



Grilled Corn with Lime Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter softened
- 8 ears corn
- 0.3 teaspoon ground pepper red
- 1 teaspoon lime zest grated
- 0.3 teaspoon salt

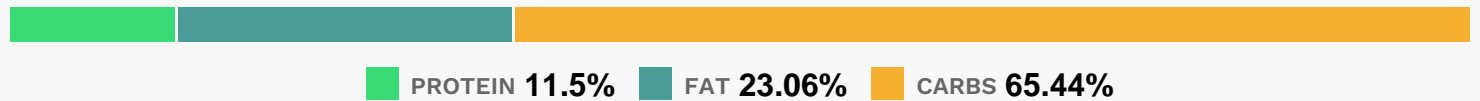
Equipment

- bowl
- grill

Directions

- Prepare grill.
- Place corn on grill rack coated with cooking spray; grill 12 minutes or until done, turning occasionally.
- Combine butter, rind, salt, and pepper in a small bowl.
- Serve with corn.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:4.3999999529966%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 90.22kcal (4.51%), Fat: 2.65g (4.07%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 15.07g (5.48%), Sugar: 5.65g (6.27%), Cholesterol: 3.76mg (1.25%), Sodium: 97.45mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.93%), Folate: 37.94µg (9.48%), Vitamin B1: 0.14mg (9.32%), Magnesium: 33.45mg (8.36%), Phosphorus: 80.75mg (8.07%), Vitamin B3: 1.6mg (8%), Vitamin C: 6.24mg (7.56%), Manganese: 0.15mg (7.41%), Fiber: 1.82g (7.3%), Potassium: 244.95mg (7%), Vitamin B5: 0.65mg (6.48%), Vitamin A: 238.16IU (4.76%), Vitamin B6: 0.09mg (4.27%), Vitamin B2: 0.05mg (2.98%), Zinc: 0.42mg (2.78%), Iron: 0.48mg (2.64%), Copper: 0.05mg (2.45%)