



Grilled Corn with Lime-Cilantro Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 12 ears corn fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime freshly squeezed
- ☐ 0.5 teaspoon lime zest
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 8 tablespoons butter unsalted softened (1 stick)

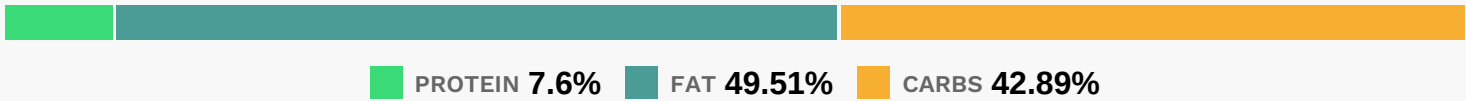
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill

Directions

- ☐ Combine the butter, lime juice, lime zest, sugar, salt, and cilantro in a medium bowl and mix well.
- ☐ Grill the corn on a medium-hot grill for 10 minutes, turning occasionally.
- ☐ Transfer the lime-cilantro butter to a serving bowl and serve with the corn.
- ☐ Before grilling the corn, soak the unshucked corn in water. The heat will dry the silk, which will come off when you peel off the husks. Use a paper towel to rub off any remaining corn silk.
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Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:4.800000043019%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 145.38kcal (7.27%), Fat: 8.79g (13.52%), Saturated Fat: 5.09g (31.79%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 15.31g (5.57%), Sugar: 5.83g (6.48%), Cholesterol: 20.07mg (6.69%), Sodium: 111.6mg (4.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.07%), Folate: 38.42µg (9.6%), Vitamin B1: 0.14mg (9.37%), Vitamin A: 424.7IU (8.49%), Magnesium: 33.68mg (8.42%), Phosphorus: 82.69mg (8.27%), Vitamin C: 6.61mg (8.01%), Vitamin B3: 1.6mg (8.01%), Manganese: 0.15mg (7.45%), Fiber: 1.82g (7.27%), Potassium: 248.55mg (7.1%), Vitamin B5: 0.66mg (6.59%), Vitamin B6: 0.09mg (4.25%), Vitamin B2: 0.05mg (3.14%), Zinc: 0.43mg (2.84%), Iron: 0.48mg (2.66%), Copper: 0.05mg (2.57%), Vitamin E: 0.29mg (1.94%), Vitamin K: 1.96µg (1.87%)