



## Grilled Corn with Mint Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



104 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter melted
- 8 ears corn
- 0.5 teaspoon cilantro leaves fresh finely chopped
- 1 tablespoon mint leaves fresh finely chopped
- 0.5 teaspoon pepper black
- 2 teaspoons juice of lemon fresh
- 0.3 teaspoon salt

### Equipment

grill

## Directions

Prepare grill.

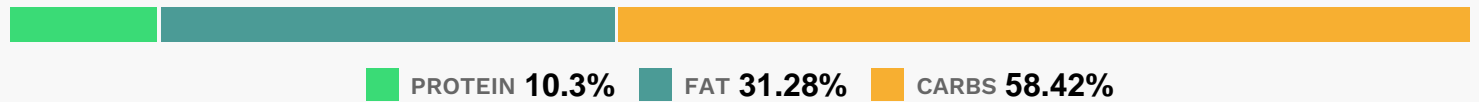
Combine first 6 ingredients; stir well.

Place corn on grill rack coated with cooking spray; grill 10 minutes or until done, turning frequently.

Place corn on a platter.

Brush with butter mixture.

## Nutrition Facts



## Properties

Glycemic Index:14.25, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:4.6230435296893%

## Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 103.52kcal (5.18%), Fat: 4.07g (6.26%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 15.21g (5.53%), Sugar: 5.67g (6.3%), Cholesterol: 7.53mg (2.51%), Sodium: 108.91mg (4.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.03%), Folate: 38.89µg (9.72%), Vitamin B1: 0.14mg (9.38%), Magnesium: 34.16mg (8.54%), Manganese: 0.17mg (8.52%), Vitamin C: 6.8mg (8.25%), Phosphorus: 81.7mg (8.17%), Vitamin B3: 1.61mg (8.04%), Fiber: 1.89g (7.54%), Potassium: 250.39mg (7.15%), Vitamin B5: 0.65mg (6.55%), Vitamin A: 283.5IU (5.67%), Vitamin B6: 0.09mg (4.28%), Vitamin B2: 0.05mg (3.1%), Iron: 0.51mg (2.86%), Zinc: 0.43mg (2.84%), Copper: 0.05mg (2.63%)