



Grilled Corn with Parmesan-Herb Butter

 **Gluten Free**

READY IN



20 min.

SERVINGS



6

CALORIES



291 kcal

SIDE DISH

Ingredients

- 0.5 cup butter softened
- 2 oz parmesan shredded
- 1 tablespoon optional: dill fresh chopped
- 1 serving pepper fresh to taste
- 2 tablespoons olive oil
- 6 ears corn fresh sweet cleaned

Equipment

- bowl

pot

grill

Directions

- Heat gas or charcoal grill. In small bowl, mix butter, cheese, dill and pepper with fork; set aside.
- Fill large saucepot with water; heat to boiling. Submerge corn in water; cook 3 to 4 minutes.
- Remove corn from boiling water; cool slightly.
- Drizzle each ear of corn with oil; rub over corn.
- Place corn on grill over medium heat. Cover grill; cook, turning occasionally, until all sides of corn are browned.
- Remove from grill; immediately top corn with butter mixture. Once butter has melted slightly, serve.

Nutrition Facts

  
 **PROTEIN 8.44%**  **FAT 69.25%**  **CARBS 22.31%**

Properties

Glycemic Index:20.67, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:6.7134782049967%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 291.4kcal (14.57%), Fat: 23.67g (36.41%), Saturated Fat: 12.21g (76.32%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 15.36g (5.58%), Sugar: 5.72g (6.36%), Cholesterol: 47.1mg (15.7%), Sodium: 286.66mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.97%), Phosphorus: 150.29mg (15.03%), Vitamin A: 720.07IU (14.4%), Calcium: 118.49mg (11.85%), Folate: 39.13µg (9.78%), Vitamin B1: 0.14mg (9.61%), Magnesium: 37.9mg (9.48%), Vitamin B3: 1.63mg (8.14%), Vitamin E: 1.19mg (7.97%), Manganese: 0.15mg (7.58%), Vitamin C: 6.18mg (7.49%), Potassium: 256.99mg (7.34%), Fiber: 1.81g (7.22%), Vitamin B5: 0.71mg (7.09%), Vitamin B2: 0.09mg (5.15%), Vitamin B6: 0.09mg (4.65%), Zinc: 0.69mg (4.61%), Vitamin K: 4.59µg (4.37%), Selenium: 2.86µg (4.08%), Iron: 0.58mg (3.23%), Copper: 0.05mg (2.6%), Vitamin B12: 0.15µg (2.43%)