



Grilled Corn with Piquillo Pepper Butter and Grated Manchego

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



517 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground plus more for seasoning
- 12 corn ears
- 0.3 cup thyme leaves fresh chopped for garnish
- 2 teaspoons thyme leaves fresh chopped
- 4 cloves garlic chopped
- 1 teaspoon kosher salt plus more for seasoning
- 1 cup manchego cheese grated

- 1 teaspoon paprika spanish
- 4 piquillo peppers dry chopped
- 2 sticks butter unsalted softened

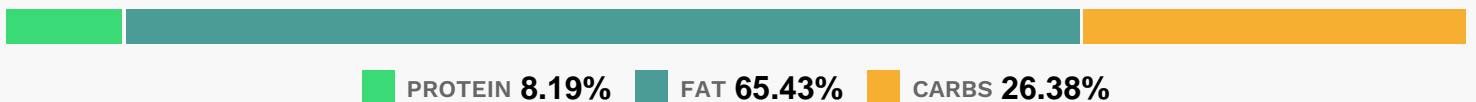
Equipment

- food processor
- bowl
- grill

Directions

- Watch how to make this recipe.
- For the grilled corn: Pull the husks of the corn enough to remove the silks, without removing the husks from the stem. Re-wrap the corn in the husks and soak in cold water for 15 minutes.
- For the piquillo pepper butter: Blend the butter, piquillo peppers, garlic, thyme, paprika, salt and pepper in a food processor until smooth. Scrape the butter into a bowl, cover and refrigerate for at least 1 hour and up to 24 hours before using. Soften the butter slightly before using.
- Heat the grill for direct grilling.
- Remove the corn from the water, shake and place on the grates of the grill. Cover the grill and cook the corn until tender, about 10 minutes.
- Remove the corn from the grill, pull the husks back and brush the corn with the piquillo pepper butter.
- Sprinkle the corn with salt and pepper, Manchego and thyme.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:0.33, Inflammation Score:-10, Nutrition Score:12.995652338733%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 516.63kcal (25.83%), Fat: 39.76g (61.18%), Saturated Fat: 24.66g (154.11%), Carbohydrates: 36.07g (12.02%), Net Carbohydrates: 32.03g (11.65%), Sugar: 11.68g (12.98%), Cholesterol: 101.14mg (33.71%), Sodium: 570.33mg (24.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.2g (22.4%), Vitamin A: 1661.92IU (33.24%), Vitamin C: 25.98mg (31.5%), Calcium: 228.74mg (22.87%), Folate: 78.33µg (19.58%), Manganese: 0.38mg (19.23%), Vitamin B1: 0.29mg (19.11%), Magnesium: 72.17mg (18.04%), Phosphorus: 175.34mg (17.53%), Vitamin B3: 3.27mg (16.36%), Fiber: 4.04g (16.14%), Potassium: 521.46mg (14.9%), Vitamin B5: 1.36mg (13.58%), Vitamin B6: 0.2mg (10.24%), Iron: 1.68mg (9.31%), Vitamin B2: 0.13mg (7.46%), Vitamin E: 1.02mg (6.77%), Copper: 0.12mg (6.24%), Zinc: 0.94mg (6.23%), Vitamin D: 0.56µg (3.77%), Vitamin K: 3.39µg (3.23%), Selenium: 1.75µg (2.5%), Vitamin B12: 0.06µg (1.07%)