

Grilled Corn with Roasted Garlic Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



373 kcal

SIDE DISH

Ingredients

- ☐ 10 tablespoons butter room temperature ()
- ☐ 6 large ears corn sweet
- ☐ 2 large heads garlic
- ☐ 4 tablespoons olive oil

Equipment

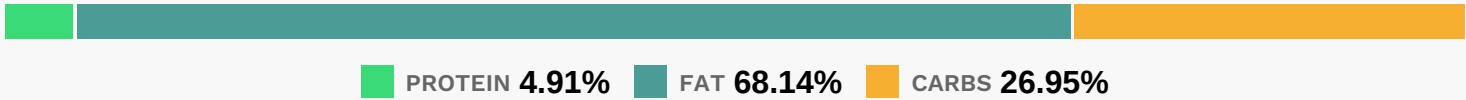
- ☐ bowl
- ☐ oven
- ☐ baking pan

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Position rack in center of oven and preheat to 350°F.
- ☐ Cut off and discard top quarter of each garlic head.
- ☐ Place garlic in small baking dish.
- ☐ Drizzle with 2 tablespoons oil. Cover dish with foil and bake until garlic is tender, about 1 hour 10 minutes. Cool garlic slightly. Squeeze garlic out of papery skins, letting garlic fall into small bowl. Mash with fork. Stir in butter. Season to taste with salt and pepper. (Roasted garlic butter can be made 2 days ahead. Cover and keep refrigerated. Bring to room temperature before using.)
- ☐ Prepare barbecue (medium heat).
- ☐ Brush corn lightly all over with remaining 2 tablespoons oil. Grill corn until brown in spots, turning occasionally, about 12 minutes.
- ☐ Serve hot, passing roasted garlic butter separately.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:0.04, Inflammation Score:-6, Nutrition Score:8.3608695424121%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 373.28kcal (18.66%), Fat: 30.19g (46.44%), Saturated Fat: 13.75g (85.91%), Carbohydrates: 26.87g (8.96%), Net Carbohydrates: 24g (8.73%), Sugar: 8.97g (9.97%), Cholesterol: 50.17mg (16.72%), Sodium: 171.73mg (7.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.79%), Vitamin A: 850.54IU (17.01%), Folate: 60.77µg (15.19%), Vitamin B1: 0.22mg (14.9%), Magnesium: 53.46mg (13.36%), Phosphorus: 133.38mg (13.34%), Vitamin E: 1.99mg (13.24%), Vitamin B3: 2.54mg (12.72%), Manganese: 0.24mg (11.93%), Vitamin C: 9.83mg (11.91%), Fiber:

2.87g (11.47%), Potassium: 393.13mg (11.23%), Vitamin B5: 1.05mg (10.53%), Vitamin K: 7.69µg (7.32%), Vitamin B6: 0.14mg (6.89%), Vitamin B2: 0.09mg (5.11%), Zinc: 0.68mg (4.55%), Iron: 0.81mg (4.48%), Copper: 0.08mg (3.91%), Selenium: 1.14µg (1.63%)