



Grilled Corn with Sweet-Savory Asian Glaze

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 6 ears of corn husked
- ☐ 3 tablespoons fish sauce (such as nam pla or nuoc nam)
- ☐ 1.5 tablespoons brown sugar packed ()
- ☐ 1 tablespoon green onions thinly sliced (from 3)
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons olive oil for brushing corn
- ☐ 2 tablespoons water

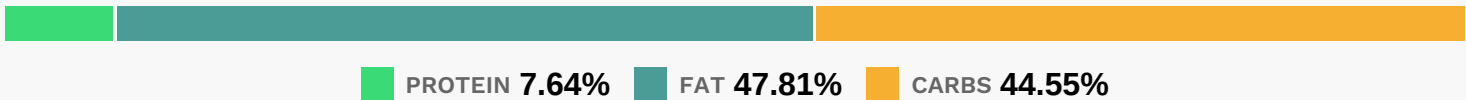
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Stir first 4 ingredients in small bowl until sugar dissolves. Melt butter with 2 tablespoons oil in small saucepan over medium heat.
- ☐ Add fish sauce mixture and green onions and simmer until sauce begins to thicken, about 2 minutes.
- ☐ Do ahead: Butter sauce can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Preheat barbecue (medium-high heat).
- ☐ Brush corn with oil. Grill corn until tender and charred in spots, about 13 minutes.
- ☐ Brush corn generously with butter sauce and serve, passing remaining sauce separately.
- ☐ *Fish sauce is a versatile ingredient. Try it (
☐ mixed with garlic and cilantro as a marinade for grilled chicken; (
☐ in barbecue sauce for ribs; (
☐ in a salad of slivered green apples and chopped cilantro; and (
☐ in a compound butter with cayenne and shallots for grilled fish. It is available in the Asian foods section of many supermarkets and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:5.62565213701%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 167.4kcal (8.37%), Fat: 9.67g (14.88%), Saturated Fat: 3.34g (20.86%), Carbohydrates: 20.28g (6.76%), Net Carbohydrates: 18.42g (6.7%), Sugar: 8.9g (9.89%), Cholesterol: 10.03mg (3.34%), Sodium: 751.38mg (32.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Magnesium: 49.95mg (12.49%), Folate: 43.23µg (10.81%), Manganese: 0.19mg (9.62%), Vitamin B1: 0.14mg (9.44%), Vitamin B3: 1.81mg (9.07%), Phosphorus: 82.6mg (8.26%), Potassium: 279.05mg (7.97%), Vitamin C: 6.35mg (7.7%), Fiber: 1.87g (7.47%), Vitamin B5: 0.67mg (6.68%), Vitamin B6: 0.12mg (6.09%), Vitamin A: 296.88IU (5.94%), Vitamin E: 0.85mg (5.67%), Vitamin K: 5.75µg (5.48%), Iron: 0.62mg (3.43%), Vitamin B2: 0.06mg (3.37%), Zinc: 0.44mg (2.96%), Copper: 0.06mg (2.92%), Selenium: 1.46µg (2.08%), Calcium: 10.94mg (1.09%)