



Grilled Jalapeño-Lime Corn on the Cob

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 8 ears corn fresh
- ☐ 2 teaspoons cilantro leaves fresh chopped
- ☐ 1 small garlic clove pressed
- ☐ 1 jalapeno minced seeded
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon lime zest
- ☐ 8 servings lime zest

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8 servings salt and pepper freshly ground

Equipment

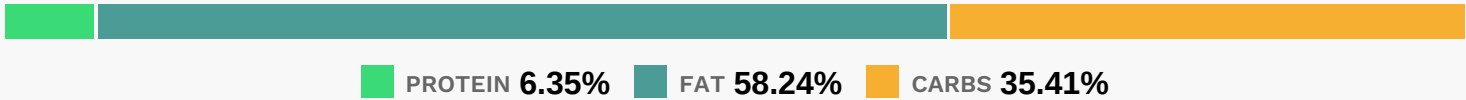
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grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Coat corn lightly with cooking spray.
- ☐ Sprinkle with desired amount of salt and pepper. Grill corn, covered with grill lid, 15 minutes or until golden brown, turning occasionally.
- ☐ Meanwhile, stir together butter and next 5 ingredients.
- ☐ Remove corn from grill, and cut into thirds.
- ☐ Serve corn with butter mixture.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:5.2030434750992%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 181.19kcal (9.06%), Fat: 12.73g (19.59%), Saturated Fat: 7.59g (47.42%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 15.5g (5.64%), Sugar: 5.78g (6.42%), Cholesterol: 30.5mg (10.17%), Sodium: 298.72mg (12.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.25%), Vitamin C: 9.39mg (11.38%), Vitamin A: 545.24IU (10.9%), Folate: 39.05µg (9.76%), Vitamin B1: 0.14mg (9.51%), Magnesium: 34.21mg (8.55%), Phosphorus: 85.12mg (8.51%), Vitamin B3: 1.63mg (8.15%), Manganese: 0.16mg (7.79%), Fiber: 1.91g (7.66%), Potassium: 256.4mg (7.33%), Vitamin B5: 0.67mg (6.75%), Vitamin B6: 0.1mg (4.88%), Vitamin B2: 0.06mg (3.33%), Vitamin E: 0.46mg (3.09%), Zinc: 0.44mg (2.92%), Iron: 0.5mg (2.75%), Copper: 0.05mg (2.62%), Vitamin K: 1.69µg (1.61%), Selenium: 0.75µg

(1.07%)