



Grilled Vegetables with Cilantro Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 4 servings cilantro butter
- ☐ 4 servings garnish: cilantro sprigs fresh
- ☐ 4 ears corn fresh
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 4 medium tomatoes halved
- ☐ 4 medium zucchini 1-inch-thick cut into slices

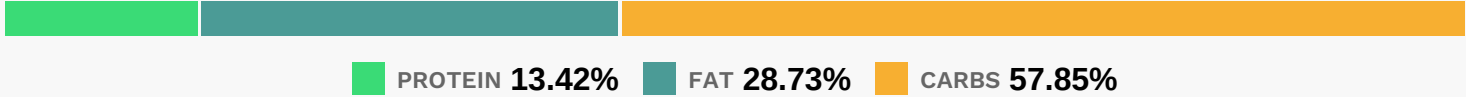
Equipment

☐ grill

Directions

- ☐ Soak corn in water to cover 1 hour. Peel back corn husks, leaving husks attached.
- ☐ Remove silks.
- ☐ Spread Cilantro Butter evenly over corn, tomato, and zucchini; sprinkle with salt and pepper. Pull husks over corn, and twist ends tightly.
- ☐ Place tomato and zucchini in a grill basket.
- ☐ Grill vegetables, covered with grill lid, over medium-high heat (350 to 400°F)
- ☐ to 15 minutes or until zucchini and tomato are tender, turning corn often. Grill corn 5 to 10 more minutes or until tender. (Husk edges will blacken.)
- ☐ Remove husks.
- ☐ Serve vegetables immediately.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:1.91, Inflammation Score:-9, Nutrition Score:17.453478274786%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 169.36kcal (8.47%), Fat: 6.15g (9.46%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 27.88g (9.29%), Net Carbohydrates: 22.57g (8.21%), Sugar: 13.77g (15.3%), Cholesterol: 10.75mg (3.58%), Sodium: 358.26mg (15.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Vitamin C: 58.08mg (70.4%), Vitamin A: 1717.96IU (34.36%), Manganese: 0.67mg (33.34%), Potassium: 1051.17mg (30.03%), Folate: 103.54µg (25.89%), Vitamin B6: 0.5mg (25.13%), Fiber: 5.3g (21.21%), Magnesium: 82.67mg (20.67%), Phosphorus: 185.74mg (18.57%), Vitamin K: 19.48µg (18.56%), Vitamin B1: 0.27mg (18.25%), Vitamin B3: 3.21mg (16.07%), Vitamin B2: 0.26mg (15.26%), Vitamin B5: 1.16mg (11.64%), Copper: 0.23mg (11.44%), Iron: 1.55mg (8.64%), Zinc: 1.26mg (8.39%), Vitamin

E: 1.08mg (7.22%), Calcium: 48.01mg (4.8%), Selenium: 1µg (1.42%)