



Herb-Buttered Grilled Corn



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 6 ears corn
- ☐ 2 teaspoons basil fresh minced
- ☐ 2 teaspoons oregano fresh minced

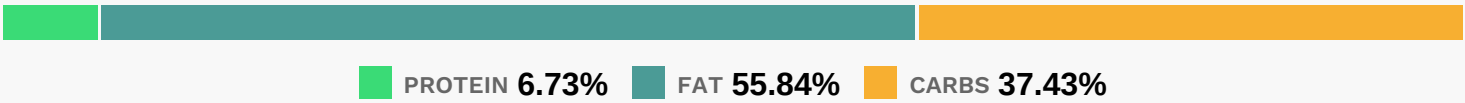
Equipment

- ☐ pot
- ☐ grill

Directions

- ☐ Pull back husks of corn, leaving them attached.
- ☐ Remove and discard silk; replace husks around corn.
- ☐ Place corn in a large stockpot; fill with water to cover. Soak 20 minutes; drain. Pull back husks of corn; set aside.
- ☐ Blend butter with herbs and brush evenly over corn; replace husks. Grill corn over medium-high heat, covered, about 15 minutes, until corn is tender.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:5.3126087240551%

Nutrients (% of daily need)

Calories: 169.6kcal (8.48%), Fat: 11.47g (17.65%), Saturated Fat: 6.78g (42.41%), Carbohydrates: 17.3g (5.77%), Net Carbohydrates: 15.21g (5.53%), Sugar: 5.67g (6.3%), Cholesterol: 27.11mg (9.04%), Sodium: 94.76mg (4.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Folate: 39.78µg (9.95%), Vitamin A: 496.55IU (9.93%), Vitamin B1: 0.14mg (9.42%), Manganese: 0.18mg (9.02%), Magnesium: 35.37mg (8.84%), Phosphorus: 84.13mg (8.41%), Fiber: 2.08g (8.34%), Vitamin B3: 1.63mg (8.15%), Vitamin C: 6.14mg (7.44%), Potassium: 254.52mg (7.27%), Vitamin B5: 0.67mg (6.65%), Vitamin K: 5.44µg (5.18%), Vitamin B6: 0.09mg (4.55%), Iron: 0.72mg (3.98%), Vitamin B2: 0.06mg (3.37%), Vitamin E: 0.48mg (3.18%), Zinc: 0.44mg (2.96%), Copper: 0.05mg (2.65%), Calcium: 15.53mg (1.55%)