



Herb-Tossed Corn

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon cayenne
- ☐ 6 servings garnish: cilantro leaves fresh
- ☐ 6 ears corn fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter unsalted

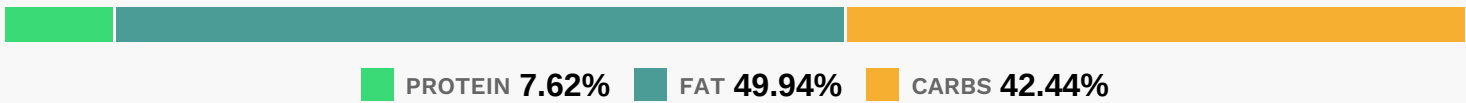
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ tongs

Directions

- ☐ Bring 1 1/2 inches water (do not salt water) to a boil in pot, then add corn. Cook corn (water may not cover it), covered with lid, turning occasionally, until tender, 3 to 5 minutes.
- ☐ Transfer with tongs to a large platter.
- ☐ While corn cooks, melt butter in a 1-quart heavy saucepan, then remove from heat and stir in lemon juice, salt, black pepper, and cayenne.
- ☐ When corn is just cool enough to handle, cut kernels off cobs in long, wide strokes with a large heavy knife, leaving kernels in clusters.
- ☐ Transfer to a serving bowl.
- ☐ Add butter mixture and cilantro to corn, stirring gently to keep kernel clusters intact.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:5.0047825898813%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 146.01kcal (7.3%), Fat: 8.9g (13.7%), Saturated Fat: 5.15g (32.21%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 15.17g (5.52%), Sugar: 5.68g (6.31%), Cholesterol: 20.34mg (6.78%), Sodium: 208.72mg (9.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Folate: 38.87µg (9.72%), Vitamin A: 474.27IU (9.49%), Vitamin B1: 0.14mg (9.4%), Magnesium: 33.97mg (8.49%), Phosphorus: 83.09mg (8.31%), Vitamin C: 6.84mg (8.29%), Manganese: 0.16mg (8.12%), Vitamin B3: 1.61mg (8.06%), Fiber: 1.86g (7.43%), Potassium: 252.54mg (7.22%), Vitamin B5: 0.66mg (6.63%), Vitamin B6: 0.09mg (4.35%), Vitamin K: 3.48µg (3.31%), Vitamin B2: 0.05mg (3.22%), Zinc: 0.43mg (2.86%), Iron: 0.5mg (2.76%), Copper: 0.05mg (2.67%), Vitamin E: 0.32mg (2.11%)