



Herbed Cotija Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



117 kcal

SIDE DISH

Ingredients

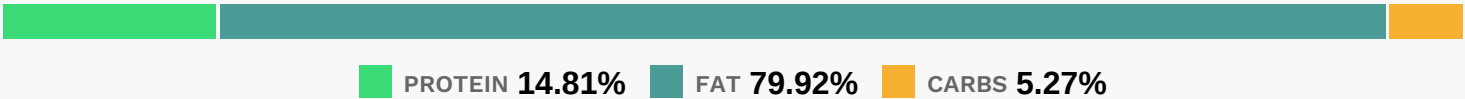
- ☐ 5 servings butter melted
- ☐ 1 teaspoon chili powder
- ☐ 1 cup cotija cheese crumbled
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 5 servings lime wedges fresh
- ☐ 1 teaspoon lime zest

Equipment

Directions

- ☐ Toss together crumbled Cotija cheese, cilantro, chives, chili powder, and lime zest.
- ☐ Brush corn with melted butter; sprinkle with Herbed Cotija Cheese.
- ☐ Serve with fresh lime wedges.

Nutrition Facts



Properties

Glycemic Index:43.6, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:4.5369564942692%

Flavonoids

Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 117.29kcal (5.86%), Fat: 10.57g (16.27%), Saturated Fat: 6.57g (41.07%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.36g (0.49%), Sugar: 0.08g (0.09%), Cholesterol: 37.45mg (12.48%), Sodium: 380.85mg (16.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Vitamin B2: 0.26mg (15.33%), Calcium: 152.09mg (15.21%), Phosphorus: 104.52mg (10.45%), Vitamin A: 433.88IU (8.68%), Vitamin B12: 0.52µg (8.59%), Vitamin B6: 0.14mg (6.91%), Selenium: 4.65µg (6.64%), Zinc: 0.89mg (5.97%), Vitamin K: 4.37µg (4.16%), Vitamin B1: 0.05mg (3.26%), Vitamin B5: 0.31mg (3.07%), Folate: 11.33µg (2.83%), Vitamin E: 0.33mg (2.21%), Vitamin B3: 0.36mg (1.79%), Magnesium: 7.03mg (1.76%), Iron: 0.3mg (1.64%), Vitamin C: 1.15mg (1.39%), Manganese: 0.02mg (1.02%)