



Hot Corn with Chimichurri Butter

 Vegetarian  Gluten Free

READY IN



76 min.

SERVINGS



6

CALORIES



441 kcal

SIDE DISH

Ingredients

- 6 servings cotija cheese grated for serving, optional
- 6 ears corn husked
- 0.8 cup flat parsley chopped
- 2 garlic cloves roughly chopped
- 1 tablespoon juice of lemon fresh
- 6 servings lime wedges for serving, optional
- 3 tablespoons oregano leaves fresh chopped
- 6 servings salt

- 2 tablespoons sherry vinegar
- 1 cup butter unsalted at room temperature

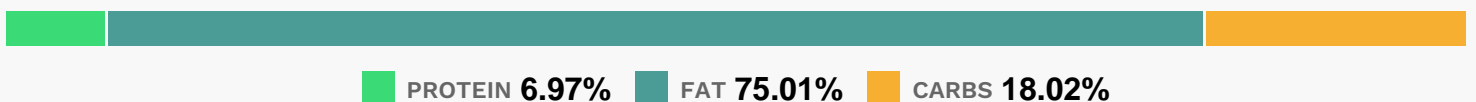
Equipment

- food processor
- bowl
- pot
- plastic wrap
- kitchen towels
- cheesecloth

Directions

- Watch how to make this recipe.
- Place the vinegar, lemon juice, parsley, oregano, garlic and red pepper flakes in a food processor and pulse until finely chopped.
- Transfer the mixture to a piece of cheesecloth or a kitchen towel and wring out the excess liquid.
- Place the mixture in a small bowl and stir in the butter.
- Transfer the chimichurri butter to a sheet of plastic wrap and shape it into a log. Wrap in plastic wrap and refrigerate until it has hardened.
- Meanwhile, bring large pot of salted water to a boil.
- Add the corn and boil until it is tender, about 5 to 7 minutes.
- Drain and transfer to a serving platter.
- Place a disk of chimichurri butter on each ear of corn and serve sprinkled with Cotija cheese and a lime wedge on the side.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:17.164347938869%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 440.78kcal (22.04%), Fat: 38.53g (59.28%), Saturated Fat: 23.77g (148.55%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 17.67g (6.43%), Sugar: 5.91g (6.57%), Cholesterol: 108.04mg (36.01%), Sodium: 558.89mg (24.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.11%), Vitamin K: 142.02µg (135.26%), Vitamin A: 1915.42IU (38.31%), Vitamin C: 17.75mg (21.51%), Calcium: 211.76mg (21.18%), Phosphorus: 200.64mg (20.06%), Vitamin B2: 0.34mg (19.87%), Folate: 66.47µg (16.62%), Manganese: 0.31mg (15.66%), Vitamin B1: 0.2mg (13.42%), Vitamin B6: 0.26mg (12.94%), Magnesium: 50.92mg (12.73%), Fiber: 3.17g (12.67%), Iron: 2.1mg (11.69%), Vitamin B3: 2.13mg (10.66%), Vitamin B5: 1.04mg (10.41%), Potassium: 353.33mg (10.1%), Vitamin E: 1.51mg (10.09%), Zinc: 1.48mg (9.84%), Vitamin B12: 0.57µg (9.52%), Selenium: 5.69µg (8.12%), Copper: 0.1mg (4.8%), Vitamin D: 0.69µg (4.58%)