



Jalapeno Buttered Corn



Vegetarian



Gluten Free

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READY IN

ready

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60 min.

SERVINGS

servings

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4

CALORIES

calories

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373 kcal

SIDE DISH

Ingredients



4 ears corn fresh



2 teaspoons parsley leaves fresh minced



1 garlic clove minced



2 jalapeño chiles



1 cup queso fresco cheese crumbled



4 servings salt and pepper black freshly ground



8 tablespoons butter unsalted softened 1 stick

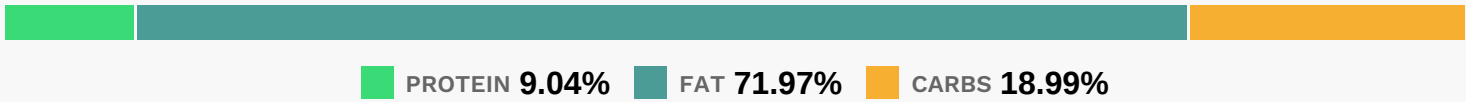
Equipment

- ☐ bowl
- ☐ knife
- ☐ plastic wrap
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Prepare a grill or grill pan to high heat.
- ☐ Grill the jalapenos, turning them occasionally, until charred on all sides, about 10 minutes.
- ☐ Transfer them to a cutting board and let cool for 5 minutes. Keep the grill on high heat.
- ☐ Using a small paring knife, peel the jalapenos. Scrape out and discard the seeds and veins. Coarsely chop the chiles and transfer them to a medium bowl.
- ☐ Add the butter, garlic, and parsley and mash together. Season the jalapeno butter with salt and pepper, to taste. Put a square piece of plastic wrap on a work surface. Spoon the jalapeno butter onto the center and roll it up into a 1-inch-diameter log. Refrigerate it until firm, at least 30 minutes, or up to 1 week.
- ☐ Grill the corn on the hot grill or grill pan, turning occasionally, until it is browned in spots and the kernels are tender, about 15 minutes.
- ☐ Transfer the ears to a platter. Top each ear with a pat of the jalapeno butter, sprinkle with queso fresco, and serve.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:9.7456520951313%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 372.77kcal (18.64%), Fat: 31.22g (48.03%), Saturated Fat: 18.62g (116.37%), Carbohydrates: 18.53g (6.18%), Net Carbohydrates: 16.49g (6%), Sugar: 6.66g (7.39%), Cholesterol: 81.25mg (27.08%), Sodium: 246.02mg (10.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.65%), Vitamin A: 1194.14IU (23.88%), Phosphorus: 207.4mg (20.74%), Calcium: 183.86mg (18.39%), Vitamin C: 14.72mg (17.85%), Folate: 42.78µg (10.7%), Magnesium: 42.61mg (10.65%), Vitamin B1: 0.16mg (10.54%), Selenium: 6.85µg (9.78%), Vitamin B12: 0.56µg (9.33%), Manganese: 0.18mg (9.21%), Potassium: 311.04mg (8.89%), Vitamin B3: 1.71mg (8.55%), Zinc: 1.25mg (8.31%), Vitamin D: 1.24µg (8.29%), Fiber: 2.04g (8.15%), Vitamin B5: 0.81mg (8.13%), Vitamin B6: 0.15mg (7.33%), Vitamin E: 1.08mg (7.19%), Vitamin B2: 0.12mg (6.93%), Vitamin K: 4.83µg (4.6%), Copper: 0.07mg (3.5%), Iron: 0.58mg (3.21%)