



Parsleyed Corn on the Cob



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 ears corn sweet
- ☐ 0.3 cup parsley leaves fresh roughly chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 tablespoons butter unsalted melted

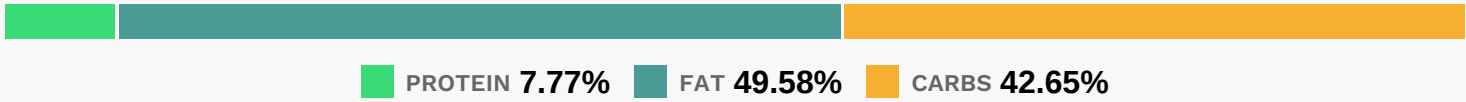
Equipment

- ☐ pot

Directions

- ☐ Bring a large pot of water, 3/4 full, to a boil. Break the ears into halves or thirds and simmer just until tender, no more than 5 minutes.
- ☐ Drain and transfer to a serving dish.
- ☐ Pour the butter over the corn and sprinkle with the salt, pepper, and parsley, turning to coat.
- ☐ Serve steaming hot.Tip: For the sweetest corn, cook it as soon as possible after buying it. The sugar in corn begins to turn to starch the moment the ears are picked; cool temperatures slow this process.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:6.9800000579461%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 145.43kcal (7.27%), Fat: 8.81g (13.55%), Saturated Fat: 5.09g (31.82%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 15.14g (5.51%), Sugar: 5.66g (6.29%), Cholesterol: 20.07mg (6.69%), Sodium: 209.73mg (9.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.21%), Vitamin K: 42.06µg (40.06%), Vitamin A: 612.6IU (12.25%), Vitamin C: 9.44mg (11.45%), Folate: 41.89µg (10.47%), Vitamin B1: 0.14mg (9.48%), Magnesium: 34.88mg (8.72%), Phosphorus: 83.92mg (8.39%), Vitamin B3: 1.63mg (8.15%), Manganese: 0.16mg (8.11%), Fiber: 1.9g (7.61%), Potassium: 260.24mg (7.44%), Vitamin B5: 0.67mg (6.67%), Vitamin B6: 0.09mg (4.32%), Iron: 0.63mg (3.53%), Vitamin B2: 0.06mg (3.25%), Zinc: 0.45mg (3%), Copper: 0.06mg (2.75%), Vitamin E: 0.3mg (1.99%)