



Perfectly Grilled Corn on the Cob

 Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



630 kcal

SIDE DISH

Ingredients

- 1 tablespoon ancho chili powder
- 6 servings pepper black freshly ground
- 2 tablespoons canola oil
- 0.5 teaspoon cayenne powder
- 1 teaspoon cumin seeds toasted
- 8 ears corn
- 0.3 cup herbs fresh chopped (basil, chives or tarragon)
- 2 cloves garlic chopped

- 1 teaspoon kosher salt
- 6 servings kosher salt
- 2 teaspoons paprika spanish
- 0.5 small onion red chopped
- 6 servings salt and pepper black freshly ground
- 1.5 sticks butter unsalted softened
- 2 sticks butter unsalted at room temperature
- 0.5 cup water
- 1 teaspoon worcestershire sauce

Equipment

- food processor
- bowl
- frying pan
- knife
- grill

Directions

- Watch how to make this recipe.
- Heat the grill to medium.
- Pull the outer husks down the ear to the base. Strip away the silk from each ear of corn by hand. Fold husks back into place, and place the ears of corn in a large bowl of cold water with 1 tablespoon of salt for 10 minutes.
- Remove corn from water and shake off excess.
- Place the corn on the grill, close the cover and grill for 15 to 20 minutes, turning every 5 minutes, or until kernels are tender when pierced with a paring knife.
- Remove the husks and eat on the cob or remove the kernels.
- Serve with the BBQ Butter and/or Herb Butter.
- Spread over the corn while hot.

- Heat the oil in a medium saute pan over high heat until almost smoking.
- Add the onion and cook until soft, 2 to 3 minutes.
- Add the garlic and cook for 30 seconds.
- Add the paprika, cayenne, cumin and ancho powder and cook for 1 minute.
- Add 1/2 cup of water and cook until the mixture becomes thickened and the water reduces.
- Let cool slightly.
- Place the butter in a food processor, add the spice mixture and Worcestershire sauce and process until smooth. Season with salt and pepper, scrape the mixture into a small bowl, cover and refrigerate for at least 30 minutes to allow the flavors to meld. Bring to room temperature before serving.
- Combine in a food processor and process until smooth.

Nutrition Facts

PROTEIN 3.03%

FAT 81.76%

CARBS 15.21%

Properties

Glycemic Index:37, Glycemic Load:0.37, Inflammation Score:-9, Nutrition Score:13.262608699177%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 630.37kcal (31.52%), Fat: 60.09g (92.45%), Saturated Fat: 34.65g (216.55%), Carbohydrates: 25.15g (8.38%), Net Carbohydrates: 21.86g (7.95%), Sugar: 8.26g (9.18%), Cholesterol: 141.72mg (47.24%), Sodium: 645.13mg (28.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Vitamin A: 2604.77IU (52.1%), Vitamin K: 51.33µg (48.89%), Vitamin E: 3.05mg (20.33%), Vitamin C: 14.87mg (18.03%), Folate: 59.4µg (14.85%), Manganese: 0.3mg (14.84%), Vitamin B1: 0.21mg (13.7%), Phosphorus: 135.75mg (13.58%), Fiber: 3.29g (13.16%), Magnesium: 52.48mg (13.12%), Vitamin B3: 2.41mg (12.06%), Potassium: 420.62mg (12.02%), Vitamin B5: 0.98mg (9.8%), Vitamin B6: 0.18mg (8.9%), Iron: 1.38mg (7.65%), Vitamin B2: 0.11mg (6.63%), Vitamin D: 0.99µg (6.59%), Copper: 0.11mg (5.55%), Zinc: 0.75mg (5.03%), Calcium: 36.36mg (3.64%), Selenium: 1.89µg (2.7%), Vitamin B12: 0.11µg (1.87%)