



Roasted Corn and Herb Butter Sauce

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



15

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound butter
- 0.5 teaspoon chervil fresh chopped
- 1 ear corn fresh
- 0.5 teaspoon chives fresh minced
- 0.5 teaspoon flat-leaf parsley fresh chopped
- 0.5 teaspoon kosher salt
- 0.3 teaspoon pepper freshly ground

Equipment

sauce pan

Directions

- Soak corn in water 15 minutes. Roast at 450 for 15 minutes, turning occasionally.
- Let stand 5 minutes.
- Cut kernels from cob.
- Combine kernels and remaining ingredients in a medium saucepan; keep warm.

Nutrition Facts

PROTEIN 0.8% **FAT 97.15%** **CARBS 2.05%**

Properties

Glycemic Index:10.6, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:1.4686956619439%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Nutrients (% of daily need)

Calories: 222.08kcal (11.1%), Fat: 24.61g (37.86%), Saturated Fat: 15.56g (97.27%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 1.03g (0.38%), Sugar: 0.39g (0.44%), Cholesterol: 65.01mg (21.67%), Sodium: 272.87mg (11.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin A: 769.01IU (15.38%), Vitamin E: 0.71mg (4.71%), Vitamin K: 2.32µg (2.2%), Phosphorus: 12.69mg (1.27%)