



Roasted Corn with Manchego & Lime

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 0.3 cup chives thinly sliced
- ☐ 6 ears corn sweet yellow
- ☐ 1 jalapeno diced seeded finely
- ☐ 8 servings kosher salt
- ☐ 1 lime cut into 4 wedges
- ☐ 2 teaspoons lime zest finely grated
- ☐ 1 cup manchego cheese finely grated

- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 tablespoons butter unsalted ()

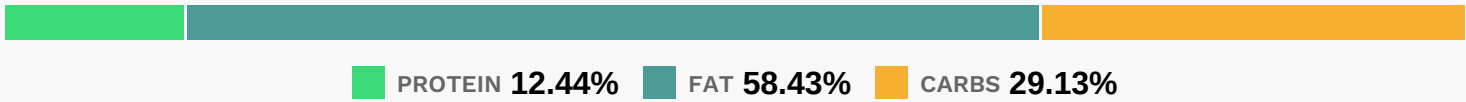
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450°. Roast unhusked corn on a baking sheet, turning occasionally, until heated through and crisp-tender, about 15 minutes.
- ☐ Let cool. Shuck corn and cut kernels from cobs. Discard cobs.
- ☐ Heat oil in a large skillet over high heat.
- ☐ Add corn kernels and sauté until heated through and light-golden in spots, 3–5 minutes.
- ☐ Add butter; stir until melted.
- ☐ Season to taste with salt and pepper.
- ☐ Transfer corn to a large wide bowl or deep platter; sprinkle jalapeño and crushed red pepper flakes over. Squeeze lime wedges over; sprinkle with cheese, chives, and lime zest.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:5.2595652370997%

Flavonoids

Hesperetin: 3.82mg, Hesperetin: 3.82mg, Hesperetin: 3.82mg, Hesperetin: 3.82mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol:

0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 178.83kcal (8.94%), Fat: 12.35g (19%), Saturated Fat: 6.04g (37.76%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 12.1g (4.4%), Sugar: 4.48g (4.98%), Cholesterol: 22.64mg (7.55%), Sodium: 292.45mg (12.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.83%), Calcium: 158.63mg (15.86%), Vitamin C: 9.98mg (12.09%), Vitamin A: 406.7IU (8.13%), Folate: 31µg (7.75%), Vitamin B1: 0.11mg (7.3%), Fiber: 1.75g (6.99%), Magnesium: 26.73mg (6.68%), Manganese: 0.13mg (6.63%), Phosphorus: 64.23mg (6.42%), Vitamin B3: 1.26mg (6.3%), Potassium: 204.02mg (5.83%), Vitamin K: 5.89µg (5.61%), Vitamin B5: 0.52mg (5.19%), Vitamin E: 0.77mg (5.11%), Vitamin B6: 0.08mg (3.93%), Iron: 0.48mg (2.68%), Vitamin B2: 0.04mg (2.59%), Copper: 0.05mg (2.41%), Zinc: 0.34mg (2.27%)