



## Roasted Corn with Rosemary Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



69 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 cup butter softened
- ☐ 12 regular corn sweet white yellow
- ☐ 2 teaspoons rosemary fresh chopped

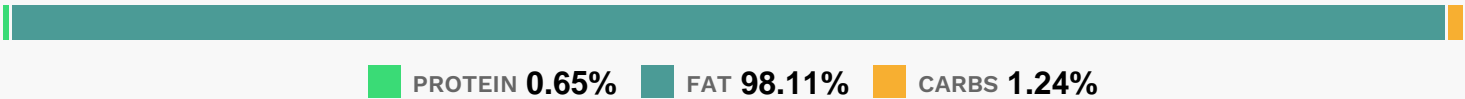
### Equipment

- ☐ bowl
- ☐ grill

# Directions

- ☐ Pull back corn husks, leaving them attached.
- ☐ Remove and discard silks.
- ☐ Combine butter and rosemary in a small bowl; brush over corn. Pull husks over corn and grill over medium-high heat (350-400°F)
- ☐ for about 15 minutes, turning occasionally. Pull back husks and enjoy.

# Nutrition Facts



# Properties

Glycemic Index:8.79, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:0.40652173911424%

# Nutrients (% of daily need)

Calories: 68.8kcal (3.44%), Fat: 7.69g (11.83%), Saturated Fat: 4.86g (30.4%), Carbohydrates: 0.22g (0.07%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.05g (0.06%), Cholesterol: 20.34mg (6.78%), Sodium: 60.83mg (2.64%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.12g (0.23%), Vitamin A: 239.48IU (4.79%), Vitamin E: 0.22mg (1.47%)