



Smoky Chipotle-Lime Butter

 Vegetarian  Gluten Free  Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



236 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 1.5 tablespoons chipotle hot sauce
- 2 teaspoons juice of lime fresh
- 0.7 cup tortilla chips crushed

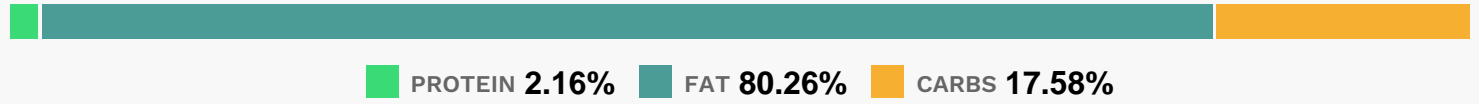
Equipment

- bowl

Directions

- Let butter stand until room temperature. (Butter should be very soft.)
- Stir together butter, hot sauce, and lime juice in a small bowl.
- Brush on hot grilled corn, and sprinkle evenly with crushed tortilla chips.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:2.4382608889238%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 236.06kcal (11.8%), Fat: 21.6g (33.23%), Saturated Fat: 12.1g (75.63%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 9.8g (3.56%), Sugar: 0.22g (0.24%), Cholesterol: 48.81mg (16.27%), Sodium: 299.37mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin A: 575.05IU (11.5%), Vitamin E: 1.08mg (7.18%), Vitamin K: 4.9µg (4.67%), Vitamin C: 3.52mg (4.26%), Phosphorus: 40.66mg (4.07%), Magnesium: 13.69mg (3.42%), Fiber: 0.85g (3.39%), Calcium: 22.29mg (2.23%), Vitamin B5: 0.21mg (2.13%), Vitamin B6: 0.04mg (1.75%), Vitamin B1: 0.02mg (1.63%), Zinc: 0.24mg (1.59%), Iron: 0.26mg (1.43%), Selenium: 0.9µg (1.29%), Vitamin B2: 0.02mg (1.29%), Potassium: 41.31mg (1.18%)