

Spicy buttered corn



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 8 small ears corn
- ☐ 3 tbsp butter
- ☐ 1 tbsp cilantro leaves chopped
- ☐ 2 tsp paprika smoked (see below)

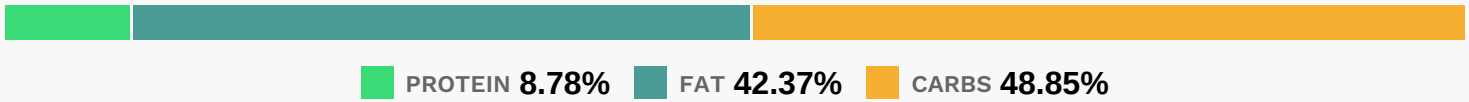
Equipment

- ☐ frying pan

Directions

- ☐ Boil a large pan of water.
- ☐ Add some salt and the corn. Boil for 10 mins. Meanwhile, mix the butter with coriander and chilli powder. When ready to serve, drain the corn, then add the butter mixture to the pan so it melts on all sides of the corn.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:8.2860870076262%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 204.76kcal (10.24%), Fat: 10.74g (16.52%), Saturated Fat: 5.97g (37.31%), Carbohydrates: 27.85g (9.28%), Net Carbohydrates: 24.58g (8.94%), Sugar: 9.25g (10.28%), Cholesterol: 22.9mg (7.63%), Sodium: 91.11mg (3.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Vitamin A: 1038.45IU (20.77%), Folate: 62.19µg (15.55%), Vitamin B1: 0.23mg (15.35%), Magnesium: 56.04mg (14.01%), Phosphorus: 135.68mg (13.57%), Vitamin B3: 2.69mg (13.45%), Fiber: 3.27g (13.09%), Manganese: 0.25mg (12.72%), Vitamin C: 9.96mg (12.08%), Potassium: 420.08mg (12%), Vitamin B5: 1.08mg (10.84%), Vitamin B6: 0.16mg (7.88%), Vitamin B2: 0.1mg (5.67%), Iron: 0.97mg (5.41%), Zinc: 0.73mg (4.83%), Copper: 0.09mg (4.31%), Vitamin E: 0.64mg (4.29%), Vitamin K: 2.3µg (2.19%), Selenium: 1.05µg (1.49%)