

Oven-Roasted Chile Butter Corn

*Our Best Recipes
Meredith Corporation*

Servings: 8

*8 ears fresh sweet corn with husks
1/2 cup butter, softened
zest of two limes
juice of two limes
2 teaspoons ancho chile pepper
1 teaspoon chipotle pepper
4 cloves garlic, crushed
cornflakes, crushed
sliced green onions (for garnish)
lime zest (for garnish)*

Preparation Time: 15 minutes

Roast: 45 minutes

Make the chile butter: In a bowl, combine the butter, lime zest, lime juice, ancho chile pepper, chipotle pepper and garlic. Cover. Refrigerate up to one week. Let stand at least 30 minutes before serving.

Per Serving (excluding unknown items): 104 Calories; 12g Fat (97.1% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 31mg Cholesterol; 117mg Sodium. Exchanges: 0 Vegetable; 2 1/2 Fat.

Preheat the oven to 350 degrees.

Place the corn on the center rack. Roast for 45 minutes or until the corn is tender. Cool slightly.

Remove the husks and silks. Spread each cob with one tablespoon of the chile butter. Sprinkle with corn flakes. Serve with green onions and lime.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	104	Vitamin B6 (mg):	trace
% Calories from Fat:	97.1%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	2.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	12g	Folacin (mcg):	1mcg
Saturated Fat (g):	7g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	31mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	117mg
Potassium (mg):	11mg
Calcium (mg):	6mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	436IU
Vitamin A (r.e.):	107 1/2RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	104	Calories from Fat:	101
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% Daily Values*

Total Fat	12g	18%
Saturated Fat	7g	36%
Cholesterol	31mg	10%
Sodium	117mg	5%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	trace	
Vitamin A		9%
Vitamin C		2%
Calcium		1%
Iron		0%

* Percent Daily Values are based on a 2000 calorie diet.