



# Cajun Buttered Corn

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



115 kcal

SIDE DISH

## Ingredients

- 8 medium ears corn sweet
- 2 tablespoons butter
- 0.3 teaspoon chili powder
- 0.3 teaspoon pepper
- 0.1 teaspoon garlic powder
- 0.1 teaspoon ground pepper
- 1 teaspoon cornstarch
- 0.3 cup vegetable broth reduced-sodium

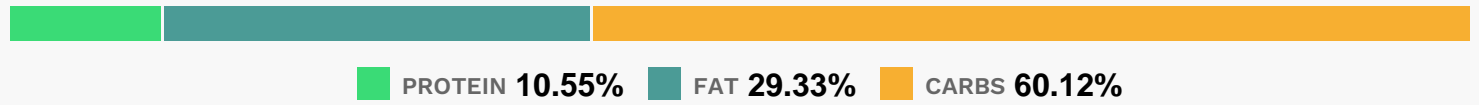
## Equipment

- sauce pan
- whisk

## Directions

- In a large kettle, bring 3 qts. of water to a boil; add corn. Return to a boil; cook for 3–5 minutes or until tender.
- Meanwhile, in a small saucepan, melt butter. Stir in the chili powder, pepper, garlic powder and cayenne; cook and stir for 1 minute.
- Combine cornstarch and broth until smooth; gradually whisk into butter mixture. Bring to a boil; cook and stir for 1–2 minutes or until slightly thickened.
- Drain corn; serve with seasoned butter.

## Nutrition Facts



## Properties

Glycemic Index:14.88, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:5.102173893672%

## Nutrients (% of daily need)

Calories: 114.82kcal (5.74%), Fat: 4.23g (6.51%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 19.52g (6.51%), Net Carbohydrates: 17.4g (6.33%), Sugar: 6.43g (7.14%), Cholesterol: 7.53mg (2.51%), Sodium: 38.9mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Folate: 43.03µg (10.76%), Vitamin B1: 0.16mg (10.59%), Magnesium: 38.1mg (9.53%), Phosphorus: 92.22mg (9.22%), Vitamin B3: 1.82mg (9.09%), Manganese: 0.18mg (8.83%), Fiber: 2.12g (8.5%), Vitamin C: 6.96mg (8.44%), Potassium: 279.49mg (7.99%), Vitamin B5: 0.74mg (7.37%), Vitamin A: 310.08IU (6.2%), Vitamin B6: 0.1mg (4.9%), Vitamin B2: 0.06mg (3.43%), Zinc: 0.48mg (3.19%), Iron: 0.55mg (3.08%), Copper: 0.06mg (2.85%), Vitamin E: 0.19mg (1.24%)