



WHATSheATE



Cajun Corn and Bacon Maque Choux



Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 8 strips crisply bacon crumbled cooked
- ☐ 6 servings cayenne pepper
- ☐ 6 ears corn husked cleaned
- ☐ 1 cup bell pepper green chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 cup milk
- ☐ 1 large onion thinly sliced
- ☐ 6 servings salt to taste

- ☐ 1 large tomatoes fresh chopped
- ☐ 2 tablespoons vegetable oil

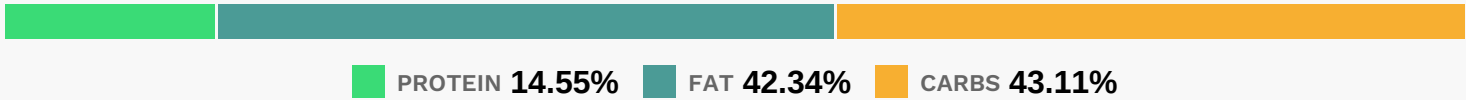
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut corn off the cobs by thinly slicing across the tops of the kernels; place in a medium bowl.
- ☐ Cut across the kernels again to release milk from the corn, add milk to bowl. Set aside.
- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Add onion and green pepper, cook until onion is transparent, about 5 to 8 minutes.
- ☐ Combine corn, tomatoes, and milk with the onion mixture. Reduce heat to medium low, and cook 20 minutes longer, stirring frequently to prevent sticking. Do not boil. Season with salt and cayenne pepper. Lower heat, cover skillet, and cook 5 to 10 minutes longer. Stir in green onions and bacon.
- ☐ Remove from heat and serve.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:1.33, Inflammation Score:-8, Nutrition Score:12.443043439285%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 201.61kcal (10.08%), Fat: 10.3g (15.84%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 23.59g (7.86%),
Net Carbohydrates: 19.93g (7.25%), Sugar: 8.88g (9.87%), Cholesterol: 11.78mg (3.93%), Sodium: 394.88mg (17.17%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.93%), Vitamin C: 34.4mg (41.7%), Vitamin A: 1407.52IU
(28.15%), Vitamin K: 23.2µg (22.1%), Vitamin B1: 0.25mg (16.71%), Vitamin B3: 3.25mg (16.24%), Phosphorus:
158.65mg (15.87%), Vitamin B6: 0.31mg (15.42%), Potassium: 515.15mg (14.72%), Manganese: 0.29mg (14.69%),
Fiber: 3.66g (14.65%), Folate: 54.37µg (13.59%), Magnesium: 50.03mg (12.51%), Selenium: 6.47µg (9.24%), Vitamin
E: 1.36mg (9.09%), Vitamin B5: 0.89mg (8.88%), Vitamin B2: 0.13mg (7.62%), Zinc: 0.97mg (6.5%), Copper: 0.12mg
(5.75%), Iron: 1.01mg (5.6%), Calcium: 32.83mg (3.28%), Vitamin B12: 0.17µg (2.85%), Vitamin D: 0.15µg (1.03%)