



Cajun Corn Maque Choux



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 0.3 pound andouille sausage diced cooked
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.3 cup green onion tops chopped
- ☐ 1 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 2 plum tomatoes diced
- ☐ 0.3 teaspoon salt

☐ 3 cups shoepeg corn frozen thawed

Equipment

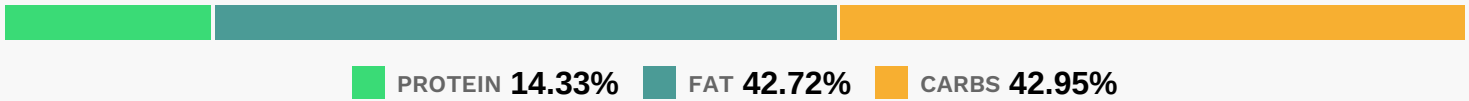
☐ frying pan

Directions

☐ Saut onion and bell pepper in hot oil in a large skillet over medium heat 8 minutes or until tender.

☐ Add corn, tomato, and sausage; cook, stirring often, 15 minutes. Stir in green onions, salt, and pepper; cook 5 minutes.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:7.3239130559175%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 167.91kcal (8.4%), Fat: 8.63g (13.28%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 16.77g (6.1%), Sugar: 7.44g (8.27%), Cholesterol: 16.25mg (5.42%), Sodium: 255.46mg (11.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.03%), Vitamin C: 14.24mg (17.26%), Vitamin B3: 2.63mg (13.14%), Vitamin K: 12.61µg (12.01%), Manganese: 0.23mg (11.47%), Fiber: 2.76g (11.04%), Phosphorus: 110.26mg (11.03%), Potassium: 348.21mg (9.95%), Vitamin B1: 0.14mg (9.11%), Vitamin B6: 0.18mg (9.09%), Magnesium: 31.93mg (7.98%), Vitamin B5: 0.76mg (7.57%), Selenium: 4.62µg (6.59%), Zinc: 0.96mg (6.4%), Folate: 24.21µg (6.05%), Vitamin B2: 0.09mg (5.08%), Vitamin A: 246.64IU (4.93%), Vitamin E: 0.74mg (4.91%), Iron: 0.84mg (4.64%), Copper: 0.08mg (4.14%), Vitamin B12: 0.19µg (3.09%), Vitamin D: 0.26µg (1.76%), Calcium: 12.06mg (1.21%)