

Cajun Spiced Corn



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



100 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 teaspoons cajun spice
- ☐ 10 ounce kernel corn whole frozen
- ☐ 0.8 cup bell pepper green chopped
- ☐ 1 tablespoon butter
- ☐ 1 small onion chopped
- ☐ 1 cup tomatoes chopped

Equipment

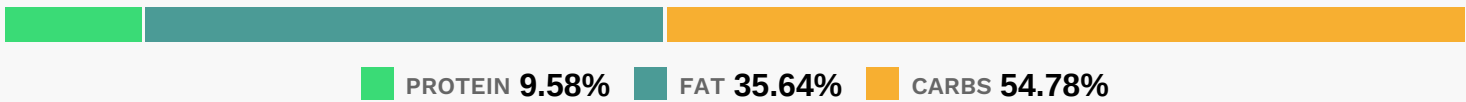
- ☐ baking sheet

- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450 degrees F or grill to medium-high.
- ☐ Center vegetables on sheet of Reynolds Wrap® Aluminum Foil.
- ☐ Sprinkle with Cajun seasoning; stir to blend. Top with margarine.
- ☐ Bring up foil sides. Double fold top and ends to seal making one large foil packet, leaving room for heat circulation inside.
- ☐ Bake 20 to 25 minutes on a cookie sheet in oven.
- ☐ OR grill 12 to 14 minutes in covered grill.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.85, Inflammation Score:-7, Nutrition Score:5.9843477333046%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 99.72kcal (4.99%), Fat: 4.1g (6.31%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 14.18g (4.73%), Net Carbohydrates: 12.61g (4.59%), Sugar: 2.5g (2.77%), Cholesterol: 0mg (0%), Sodium: 152.61mg (6.64%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin C: 30.08mg (36.46%), Vitamin A: 1031.75IU (20.63%), Folate: 32.78µg (8.2%), Manganese: 0.15mg (7.74%), Potassium: 269.21mg (7.69%), Vitamin B6: 0.14mg (6.76%), Fiber: 1.57g (6.27%), Vitamin K: 5.88µg (5.6%), Phosphorus: 52.61mg (5.26%), Vitamin B3: 1.03mg (5.15%), Vitamin E: 0.71mg (4.72%), Magnesium: 18.32mg (4.58%), Copper: 0.08mg (3.82%), Vitamin B1: 0.05mg (3.47%), Iron: 0.6mg (3.33%), Vitamin B2: 0.04mg (2.58%), Zinc: 0.37mg (2.47%), Calcium: 15.3mg (1.53%), Vitamin B5: 0.11mg (1.1%)