



Caramelized Corn Sauté

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black
- 6 cups corn kernels fresh (5 ears)
- 0.5 cup green onions chopped
- 0.5 cup half-and-half
- 0.5 cup bell pepper red chopped
- 0.5 teaspoon salt
- 1 teaspoon stick margarine

Equipment

frying pan

Directions

Heat butter in a large nonstick skillet over medium-high heat.

Add corn, onions, and bell pepper; cook 10 minutes or until lightly browned, stirring frequently. Stir in half-and-half, salt, and black pepper; cook 2 minutes.

Nutrition Facts



PROTEIN 12.23% **FAT 24.28%** **CARBS 63.49%**

Properties

Glycemic Index:16, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:10.412608556125%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 163.02kcal (8.15%), Fat: 4.99g (7.68%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 25.99g (9.45%), Sugar: 10.63g (11.81%), Cholesterol: 7.06mg (2.35%), Sodium: 237.43mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Vitamin C: 27.5mg (33.34%), Folate: 72.57µg (18.14%), Vitamin K: 18.62µg (17.74%), Vitamin A: 844IU (16.88%), Vitamin B1: 0.24mg (16.15%), Phosphorus: 154.77mg (15.48%), Magnesium: 58.92mg (14.73%), Vitamin B3: 2.75mg (13.77%), Fiber: 3.39g (13.55%), Manganese: 0.27mg (13.48%), Potassium: 468.26mg (13.38%), Vitamin B5: 1.14mg (11.45%), Vitamin B6: 0.19mg (9.32%), Vitamin B2: 0.14mg (8.03%), Zinc: 0.81mg (5.4%), Iron: 0.95mg (5.26%), Copper: 0.09mg (4.49%), Calcium: 31.9mg (3.19%), Vitamin E: 0.42mg (2.8%), Selenium: 1.58µg (2.26%)