



Cheesy Green Onion Corn Saute

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



140 kcal

SIDE DISH

Ingredients

- 0.5 cup milk cheddar cheese shredded 2% kraft
- 16 oz kernel corn whole frozen thawed drained
- 0.3 cup green onions chopped
- 1 Tbsp oil

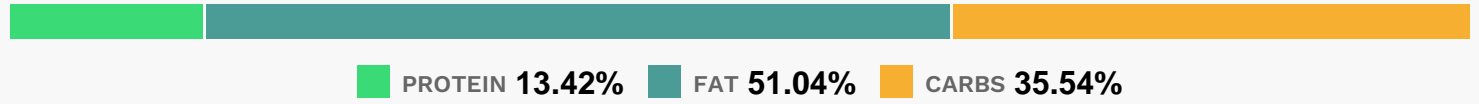
Equipment

- frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add corn and onions; cook and stir 5 min. or until heated through.
- Sprinkle with cheese; cover until cheese melts.

Nutrition Facts



Properties

Glycemic Index:11.8, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:3.6373913132626%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 139.59kcal (6.98%), Fat: 7.95g (12.23%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 12.32g (4.48%), Sugar: 0.15g (0.17%), Cholesterol: 11.3mg (3.77%), Sodium: 222.57mg (9.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Vitamin K: 12.62µg (12.02%), Phosphorus: 90.8mg (9.08%), Calcium: 85.31mg (8.53%), Folate: 31.88µg (7.97%), Selenium: 3.23µg (4.61%), Zinc: 0.69mg (4.59%), Vitamin E: 0.6mg (4.02%), Vitamin B2: 0.07mg (3.97%), Vitamin B3: 0.74mg (3.7%), Potassium: 127.73mg (3.65%), Magnesium: 14.03mg (3.51%), Vitamin A: 163.08IU (3.26%), Vitamin C: 2.48mg (3.01%), Manganese: 0.06mg (3%), Vitamin B12: 0.12µg (2%), Copper: 0.04mg (1.8%), Iron: 0.29mg (1.62%), Vitamin B1: 0.02mg (1.31%)