



Chile Pepper Corn With Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



100 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon butter
- 1 anaheim chile pepper seeded finely chopped
- 0.3 teaspoon chili powder
- 10 ounce kernel corn whole frozen thawed
- 0.3 teaspoon ground cumin
- 0.1 teaspoon pepper
- 0.1 teaspoon salt
- 1.3 ounces sharp cheddar cheese shredded reduced-fat

Equipment

frying pan

Directions

- Coat a large skillet with cooking spray.
- Place over medium-high heat until hot; add butter, tilting skillet to coat bottom.
- Add chile pepper, and cook 3 minutes or until crisp-tender.
- Add corn and next 4 ingredients; cook 2 minutes or until thoroughly heated.
- Remove from heat, and sprinkle with cheese.
- Let stand 2 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:2.5634783026965%

Nutrients (% of daily need)

Calories: 100.24kcal (5.01%), Fat: 4.78g (7.36%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 10.55g (3.52%), Net Carbohydrates: 10.02g (3.64%), Sugar: 0.51g (0.57%), Cholesterol: 10.79mg (3.6%), Sodium: 302.91mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Phosphorus: 73.59mg (7.36%), Calcium: 70.28mg (7.03%), Folate: 22.61µg (5.65%), Selenium: 2.72µg (3.88%), Zinc: 0.56mg (3.72%), Vitamin C: 2.9mg (3.51%), Vitamin B2: 0.05mg (3.19%), Vitamin A: 149.3IU (2.99%), Vitamin B3: 0.58mg (2.89%), Magnesium: 11.11mg (2.78%), Manganese: 0.06mg (2.75%), Potassium: 95.16mg (2.72%), Fiber: 0.53g (2.14%), Vitamin B12: 0.1µg (1.69%), Iron: 0.28mg (1.57%), Copper: 0.03mg (1.42%)