



## Confetti Corn

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

## Ingredients

- 1 teaspoon pepper black freshly ground
- 4 cups kernels cut from 5 ears white yellow
- 2 tablespoons basil fresh minced julienned
- 1.5 teaspoons kosher salt
- 2 tablespoons olive oil good
- 1 small orange bell pepper diced
- 0.5 cup onion red chopped
- 2 tablespoons butter unsalted

# Equipment

frying pan

# Directions

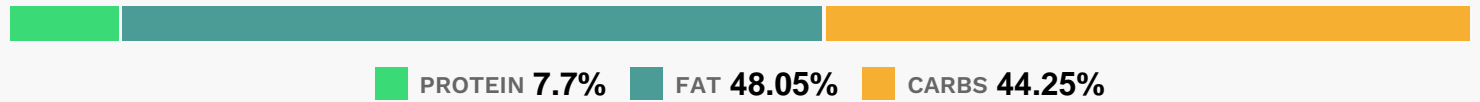
Watch how to make this recipe.

Heat the olive oil over medium heat in a large saute pan.

Add the onion and saute for 5 minutes, until the onion is soft. Stir in the bell pepper and saute for 2 more minutes.

Add the butter to the pan and allow it to melt. Over medium heat, add the corn, salt, and pepper and cook, stirring occasionally, for 5 to 7 minutes, until the corn just loses its starchiness. Season to taste, gently stir in the basil or other green herbs, and serve hot.

# Nutrition Facts



# Properties

Glycemic Index:20.5, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:8.4773912935153%

# Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

# Nutrients (% of daily need)

Calories: 167.7kcal (8.39%), Fat: 9.83g (15.12%), Saturated Fat: 3.37g (21.09%), Carbohydrates: 20.37g (6.79%), Net Carbohydrates: 17.82g (6.48%), Sugar: 7.15g (7.95%), Cholesterol: 10.03mg (3.34%), Sodium: 598.32mg (26.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Vitamin C: 25.12mg (30.45%), Vitamin K: 26.5µg (25.23%), Vitamin A: 797.95IU (15.96%), Folate: 51.03µg (12.76%), Manganese: 0.23mg (11.75%), Vitamin B1: 0.16mg (10.96%), Fiber: 2.55g (10.19%), Magnesium: 39.92mg (9.98%), Phosphorus: 95.53mg (9.55%), Vitamin B3: 1.87mg (9.35%), Potassium: 319.59mg (9.13%), Vitamin B5: 0.76mg (7.64%), Vitamin B6: 0.14mg (7.2%), Vitamin E: 1.06mg (7.06%), Vitamin B2: 0.07mg (4.16%), Iron: 0.73mg (4.06%), Zinc: 0.52mg (3.48%), Copper: 0.07mg (3.36%), Calcium: 10.71mg (1.07%), Selenium: 0.72µg (1.04%)