



Confetti Corn Relish



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



15

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 cup corn kernels fresh
- ☐ 1 jalapeno minced seeded
- ☐ 0.3 teaspoon mccormick gourmet collection cracked pepper black
- ☐ 1 cup bell pepper diced red
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup onion diced sweet
- ☐ 1 tablespoon butter unsalted

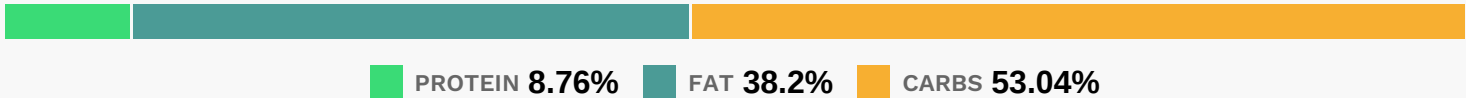
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add onion, and saut 2 to 3 minutes or just until onion begins to turn golden. Stir in corn and next 4 ingredients; saut 1 to 2 minutes or until vegetables are crisp-tender.
- ☐ Remove from heat, and stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:8.53, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:2.0856521426822%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 19.66kcal (0.98%), Fat: 0.93g (1.43%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 2.41g (0.88%), Sugar: 1.33g (1.48%), Cholesterol: 2.01mg (0.67%), Sodium: 79.95mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin C: 14.75mg (17.88%), Vitamin A: 366.31IU (7.33%), Folate: 10.17µg (2.54%), Vitamin B6: 0.05mg (2.45%), Fiber: 0.49g (1.94%), Manganese: 0.04mg (1.83%), Potassium: 56.68mg (1.62%), Vitamin B1: 0.02mg (1.54%), Vitamin E: 0.22mg (1.48%), Vitamin B3: 0.29mg (1.44%), Magnesium: 5.48mg (1.37%), Phosphorus: 13.17mg (1.32%), Vitamin B5: 0.11mg (1.11%)