



WHATSheATE



Corn and White Bean Maque Choux



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



422 kcal

SIDE DISH

Ingredients



1 teaspoon pepper black



1 stick butter cut into small pieces



30 ounce cannellini beans drained canned



1 teaspoon chili powder



20 ounce corn kernels frozen thawed



1 clove garlic chopped



1 bell pepper diced green



1 teaspoon ground coriander

- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion diced
- ☐ 1 bell pepper diced red
- ☐ 1 roma tomato diced
- ☐ 1 teaspoon salt

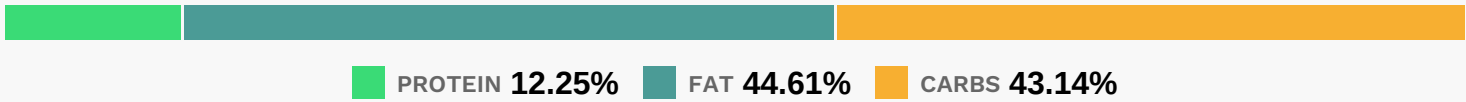
Equipment

- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Pour olive oil into a large pot and place over medium heat.
- ☐ Add the onion, garlic, tomato, peppers, cumin, coriander and chili powder. Cook the vegetables, stirring often, until translucent and soft, about 15 minutes.
- ☐ Add the corn and white beans to the pot and cook until heated through. Gently stir and season with salt and pepper.
- ☐ Add the butter and stir until melted.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:18.645652159401%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg,

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 421.61kcal (21.08%), Fat: 21.97g (33.79%), Saturated Fat: 10.78g (67.37%), Carbohydrates: 47.8g (15.93%), Net Carbohydrates: 37.51g (13.64%), Sugar: 6.32g (7.02%), Cholesterol: 40.49mg (13.5%), Sodium: 716.83mg (31.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.57g (27.14%), Vitamin C: 47.22mg (57.24%), Manganese: 0.83mg (41.71%), Folate: 165.42µg (41.35%), Fiber: 10.3g (41.19%), Vitamin A: 1398.78IU (27.98%), Phosphorus: 261.07mg (26.11%), Magnesium: 95.14mg (23.79%), Potassium: 768.12mg (21.95%), Vitamin B1: 0.27mg (18.33%), Iron: 3.09mg (17.18%), Vitamin B6: 0.33mg (16.29%), Copper: 0.3mg (15.04%), Vitamin B2: 0.21mg (12.32%), Vitamin E: 1.78mg (11.87%), Vitamin B3: 2.04mg (10.19%), Calcium: 98.8mg (9.88%), Selenium: 6.91µg (9.87%), Zinc: 1.41mg (9.4%), Vitamin B5: 0.87mg (8.67%), Vitamin K: 8.35µg (7.96%)