



Corn Cob Pops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



55 kcal

Ingredients

- 6 ears corn on the cob
- 0.7 cup cilantro leaves fresh
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 1 small jalapeño pepper seeded
- 2 Tbsp onions red chopped

Equipment

- frying pan
- sauce pan
- blender

Directions

- Insert pointed end of wooden kabob stick into cut end of each corn piece. Bring 8 cups water to a boil in large saucepan. Stand, stick-ends up; cook 8 min. (Water should only cover the corn, not the sticks.)
- Remove pan from heat; cover.
- Let stand 5 min. or until corn is tender. Meanwhile, blend remaining ingredients in blender until smooth.
- Serve dressing mixture with the corn.

Nutrition Facts

PROTEIN 9.98% **FAT 28.99%** **CARBS 61.03%**

Properties

Glycemic Index:7.58, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:2.7126086872557%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 55.45kcal (2.77%), Fat: 1.99g (3.07%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 8.47g (3.08%), Sugar: 3.6g (4%), Cholesterol: 0mg (0%), Sodium: 72.06mg (3.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.09%), Vitamin K: 6.69µg (6.37%), Folate: 19.78µg (4.95%), Vitamin B1: 0.07mg (4.83%), Manganese: 0.09mg (4.6%), Magnesium: 17.52mg (4.38%), Phosphorus: 42.07mg (4.21%), Vitamin C: 3.45mg (4.18%), Vitamin B3: 0.82mg (4.09%), Fiber: 0.97g (3.9%), Potassium: 135.16mg (3.86%), Vitamin B5: 0.33mg (3.31%), Vitamin A: 146.97IU (2.94%), Vitamin B6: 0.05mg (2.48%), Vitamin B2: 0.03mg (1.58%), Iron: 0.28mg (1.55%), Zinc: 0.22mg (1.47%), Copper: 0.03mg (1.46%), Vitamin E: 0.2mg (1.32%)