



Corn Con Queso

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground
- 2 tablespoons butter
- 1 teaspoon ground pepper
- 2 tablespoons cilantro leaves chopped
- 4 ears corn
- 1 tablespoon ground cumin
- 4 servings lime wedges
- 1 tablespoon paprika

4 servings queso fresco

4 servings salt

Equipment

oven

aluminum foil

Directions

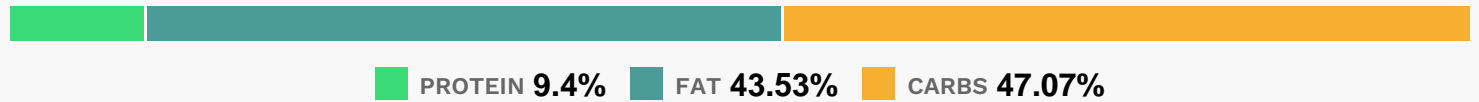
Heat oven to 375 degrees F.

Combine the butter, cumin, paprika, cayenne pepper, cilantro, salt and pepper, to taste.

Rub corn with the butter mixture. Wrap in foil and put in the oven. Cook for 20 to 25 minutes. Unwrap from foil, top with queso fresco and a squeeze of lime.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:0.16, Inflammation Score:-8, Nutrition Score:7.5439130702744%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 143.33kcal (7.17%), Fat: 7.78g (11.97%), Saturated Fat: 4.1g (25.61%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 16.17g (5.88%), Sugar: 5.95g (6.61%), Cholesterol: 15.74mg (5.25%), Sodium: 263.8mg (11.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Vitamin A: 1454.88IU (29.1%), Manganese: 0.25mg (12.44%), Fiber: 2.76g (11.05%), Magnesium: 43.33mg (10.83%), Iron: 1.9mg (10.54%), Vitamin B1: 0.16mg (10.51%), Phosphorus: 100.51mg (10.05%), Folate: 39.84µg (9.96%), Vitamin B3: 1.89mg (9.45%), Potassium: 326.19mg (9.32%), Vitamin C: 6.98mg (8.46%), Vitamin B6: 0.14mg (7.1%), Vitamin B5: 0.71mg (7.05%), Vitamin E: 0.95mg (6.3%), Vitamin B2: 0.09mg (5.02%), Zinc: 0.61mg (4.07%), Copper: 0.08mg (3.94%), Vitamin K: 3.45µg (3.28%), Calcium: 28.88mg (2.89%), Selenium: 1.05µg (1.49%)