



Corn Mexican-Style

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 cups corn kernels fresh thawed
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon lime zest finely grated
- ☐ 2 tablespoons olive oil pure crisco®
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 cup queso fresco crumbled
- ☐ 0.5 teaspoon salt

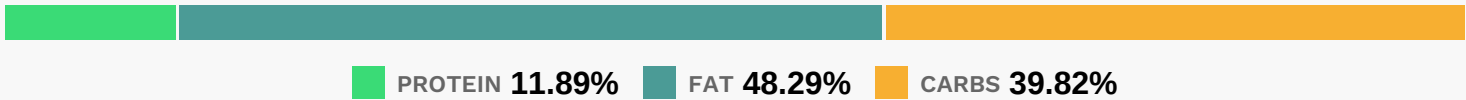
Equipment

- ☐ frying pan

Directions

- ☐ Heat shortening in large skillet over medium heat.
- ☐ Add corn and stir-fry 2 minutes.
- ☐ Stir in paprika, salt, cayenne pepper and pepper.
- ☐ Remove from heat. Just before serving stir in cilantro, lime juice and lime peel. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:7.6160869598389%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 198.25kcal (9.91%), Fat: 11.56g (17.78%), Saturated Fat: 3.93g (24.58%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 19.09g (6.94%), Sugar: 7.27g (8.08%), Cholesterol: 10.52mg (3.51%), Sodium: 422.19mg (18.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.81%), Phosphorus: 157.56mg (15.76%), Vitamin B1: 0.18mg (11.92%), Folate: 47.56µg (11.89%), Magnesium: 45.14mg (11.28%), Vitamin C: 8.82mg (10.69%), Vitamin A: 517.73IU (10.35%), Manganese: 0.2mg (10.21%), Vitamin B3: 1.98mg (9.87%), Fiber: 2.36g (9.45%), Potassium: 329.18mg (9.41%), Calcium: 90.87mg (9.09%), Vitamin B5: 0.89mg (8.93%), Vitamin B6: 0.12mg (6.18%), Zinc: 0.91mg (6.1%), Vitamin B2: 0.09mg (5.39%), Selenium: 3.64µg (5.2%), Vitamin K: 5.03µg (4.8%), Vitamin E: 0.65mg (4.34%), Vitamin B12: 0.26µg (4.27%), Iron: 0.69mg (3.82%), Copper: 0.07mg (3.48%), Vitamin D: 0.41µg (2.74%)