



Corn with Basil



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 2 cups corn frozen
- ☐ 2 tablespoons butter
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup celery thinly sliced
- ☐ 2 oz pimientos diced drained
- ☐ 1 teaspoon basil dried fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon garlic powder dried minced

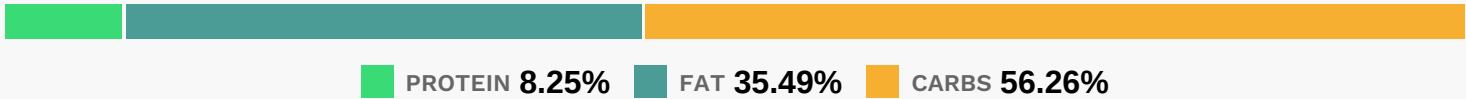
Equipment

☐ sauce pan

Directions

- ☐ Rinse frozen corn with cold water to separate; drain. In 2-quart saucepan, melt butter over medium heat. Cook corn, onion and celery in butter 10 to 12 minutes, stirring frequently, until onion is tender.
- ☐ Stir in remaining ingredients; reduce heat. Cover and simmer 3 to 5 minutes or until corn is tender.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.48, Inflammation Score:-5, Nutrition Score:4.8273912467386%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 97.21kcal (4.86%), Fat: 4.26g (6.55%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 12.99g (4.72%), Sugar: 1g (1.11%), Cholesterol: 0mg (0%), Sodium: 152.69mg (6.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Vitamin C: 15.05mg (18.24%), Vitamin A: 459.32IU (9.19%), Fiber: 2.19g (8.75%), Vitamin B6: 0.15mg (7.46%), Folate: 28.82µg (7.2%), Manganese: 0.14mg (6.93%), Potassium: 228.4mg (6.53%), Vitamin K: 6.34µg (6.04%), Phosphorus: 57.51mg (5.75%), Magnesium: 21.9mg (5.47%), Vitamin B3: 1.05mg (5.24%), Vitamin B1: 0.07mg (4.49%), Iron: 0.77mg (4.26%), Vitamin B2: 0.07mg (3.97%), Zinc: 0.45mg (3.03%), Copper: 0.05mg (2.29%), Vitamin B5: 0.2mg (2.05%), Vitamin E: 0.27mg (1.78%), Calcium: 14.54mg (1.45%)