



Corn with Basil



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



97 kcal

SIDE DISH

Ingredients

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

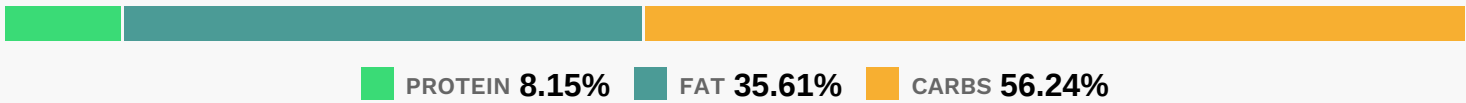
Equipment

☐ 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:4.5552173444758%

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: 96.82kcal (4.84%), Fat: 4.25g (6.54%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 15.1g (5.03%), Net Carbohydrates: 12.97g (4.72%), Sugar: 0.99g (1.1%), Cholesterol: 0mg (0%), Sodium: 152.56mg (6.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin C: 15.05mg (18.24%), Vitamin A: 458.08IU (9.16%), Fiber: 2.12g (8.5%), Vitamin B6: 0.15mg (7.35%), Folate: 28.3µg (7.08%), Potassium: 224.01mg (6.4%), Manganese: 0.12mg (6.12%), Phosphorus: 57.05mg (5.71%), Vitamin B3: 1.04mg (5.2%), Magnesium: 20.71mg (5.18%), Vitamin B1: 0.07mg (4.48%), Vitamin B2: 0.07mg (3.85%), Iron: 0.62mg (3.43%), Vitamin K: 3.48µg (3.32%), Zinc: 0.44mg (2.95%), Copper: 0.04mg (2.11%), Vitamin B5: 0.2mg (2.04%), Vitamin E: 0.25mg (1.67%), Calcium: 10.8mg (1.08%)