



Corn with Chèvre and Red Peppers

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



196 kcal

SIDE DISH

Ingredients

- 6 cups ears corn fresh frozen thaw (and drain , if using)
- 0.5 cup cup heavy whipping cream
- 1 tablespoon marjoram fresh finely chopped
- 1 tablespoon flat parsley italian finely chopped
- 8 ounce roasted peppers red drained
- 4 medium shallots thinly sliced
- 3 tablespoons butter unsalted

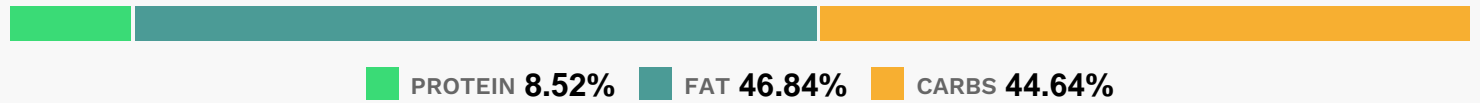
Equipment

sauce pan

Directions

- Melt butter in a medium saucepan over medium heat. When it foams, add shallots and cook, stirring occasionally, until soft and translucent, about 3 minutes.
- Add corn and cream, and let simmer, stirring occasionally, until cream is slightly reduced, about 5 minutes. Stir in chèvre until it melts and is well incorporated. Stir in red peppers, marjoram, and parsley. Season with salt and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.52, Inflammation Score:-7, Nutrition Score:8.8278260464254%

Flavonoids

Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg

Nutrients (% of daily need)

Calories: 196.12kcal (9.81%), Fat: 11.2g (17.23%), Saturated Fat: 6.49g (40.55%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 21.08g (7.66%), Sugar: 8.24g (9.15%), Cholesterol: 28.1mg (9.37%), Sodium: 410.93mg (17.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.17%), Vitamin C: 22.66mg (27.47%), Vitamin A: 764.32IU (15.29%), Folate: 56.35µg (14.09%), Manganese: 0.26mg (13.03%), Vitamin K: 13.57µg (12.92%), Vitamin B1: 0.19mg (12.47%), Phosphorus: 120.28mg (12.03%), Magnesium: 47.5mg (11.88%), Fiber: 2.94g (11.76%), Potassium: 396.31mg (11.32%), Vitamin B3: 2.13mg (10.64%), Vitamin B6: 0.2mg (10.04%), Vitamin B5: 0.87mg (8.73%), Vitamin B2: 0.1mg (5.96%), Iron: 1mg (5.58%), Copper: 0.11mg (5.51%), Zinc: 0.65mg (4.33%), Calcium: 30.54mg (3.05%), Vitamin E: 0.35mg (2.3%), Vitamin D: 0.32µg (2.11%), Selenium: 1.39µg (1.98%)