



Corn with Chèvre and Red Peppers

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



243 kcal

SIDE DISH

Ingredients

- 5 ounces goat cheese fresh (goat cheese)
- 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

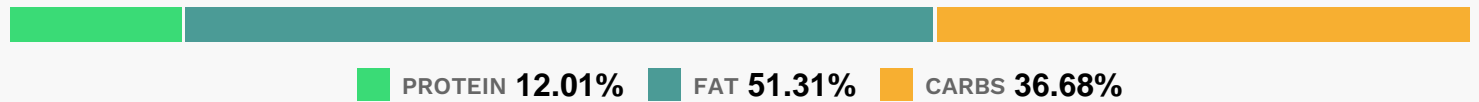
sauce pan

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:10.272173876348%

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: 242.89kcal (12.14%), Fat: 14.93g (22.98%), Saturated Fat: 9.07g (56.69%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 21.08g (7.66%), Sugar: 8.39g (9.33%), Cholesterol: 36.25mg (12.08%), Sodium: 476.14mg (20.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.73%), Vitamin C: 22.66mg (27.47%), Vitamin A: 947.35IU (18.95%), Phosphorus: 165.64mg (16.56%), Folate: 58.48µg (14.62%), Manganese: 0.28mg (13.92%), Vitamin B1: 0.2mg (13.3%), Vitamin K: 13.89µg (13.23%), Magnesium: 50.34mg (12.58%), Vitamin B6: 0.25mg (12.25%), Copper: 0.24mg (11.99%), Fiber: 2.94g (11.76%), Potassium: 400.92mg (11.45%), Vitamin B3: 2.2mg (11.02%), Vitamin B5: 0.99mg (9.94%), Vitamin B2: 0.17mg (9.92%), Iron: 1.34mg (7.45%), Calcium: 55.34mg (5.53%), Zinc: 0.81mg (5.42%), Selenium: 1.88µg (2.69%), Vitamin D: 0.39µg (2.58%), Vitamin E: 0.38mg (2.52%), Vitamin B12: 0.07µg (1.11%)