



Corn with Chopped Red and Green Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 20 ounce regular corn canned
- ☐ 0.5 bell pepper green
- ☐ 0.5 bell pepper red

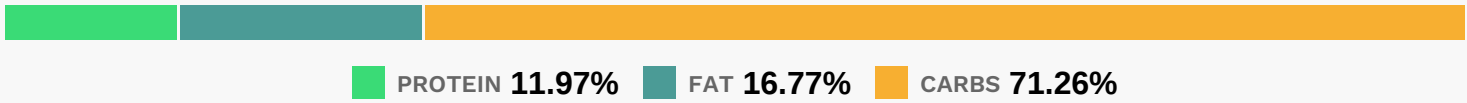
Equipment

Directions

- ☐ Seed then chop 1/2 red bell pepper and 1/2 green bell pepper.

- ☐
- Combine with 2 (10-ounce) cans corn and cook gently over low heat until warmed through, about 8 minutes.
- ☐
- Serve.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:5.0895651975728%

Flavonoids

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 111.74kcal (5.59%), Fat: 2.1g (3.23%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 19.48g (7.08%), Sugar: 0.98g (1.09%), Cholesterol: 0mg (0%), Sodium: 232.09mg (10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.73%), Vitamin C: 33.41mg (40.5%), Folate: 49.44µg (12.36%), Vitamin A: 520.77IU (10.42%), Vitamin B3: 1.32mg (6.61%), Phosphorus: 64.96mg (6.5%), Potassium: 221.84mg (6.34%), Manganese: 0.11mg (5.71%), Magnesium: 18.86mg (4.72%), Vitamin B6: 0.08mg (3.83%), Zinc: 0.45mg (3.02%), Copper: 0.06mg (2.81%), Vitamin B1: 0.04mg (2.52%), Iron: 0.43mg (2.37%), Fiber: 0.57g (2.26%), Vitamin B2: 0.04mg (2.24%), Vitamin E: 0.29mg (1.93%), Vitamin K: 1.83µg (1.74%)