



Corn with Fresh Herbs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground to taste
- ☐ 1 teaspoon brown mustard seeds whole
- ☐ 1 to 2 chilies slit fresh green hot finely chopped
- ☐ 4 tablespoons cilantro leaves chopped
- ☐ 6 ears corn
- ☐ 2 tablespoons optional: dill fresh finely chopped
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 tablespoons mint leaves fresh finely chopped

- ☐ 2 tablespoons juice of lemon
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.8 teaspoon salt
- ☐ 3 spring onion white green finely chopped
- ☐ 0.3 teaspoon nigella seeds (nigella)
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 teaspoon cumin seeds whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Husk the corn and rub off the silk with a lightly moistened towel. Holding one ear upright at a time, cut off the kernels in ribbons and put them in a bowl. Separate the kernels by rubbing them with your fingers.
- ☐ Pour the oil into a large, preferably nonstick, lidded pan or wok and set over medium-high heat. When the oil is hot, put in the mustard seeds and cumin seeds. As soon as the mustard seeds begin to pop, a matter of seconds, put in the kalonji seeds. Stir once, then add the ginger and chilies. Stir for 30 seconds, put in the corn, cilantro, mint, scallions, and dill, and toss well to mix.
- ☐ Add 4 tablespoons of water, the lemon juice, salt, and black pepper. Toss again to mix and cover. When steam begins to escape from under the lid, reduce the heat to low and cook for 2 to 3 minutes. Toss again and taste for a balance of seasonings, making any adjustments you think necessary. If you like, stir in the butter just before serving.
- ☐ From Curries to Kebabs
- ☐ Clarkson Potter

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:6.6278260311355%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 181.8kcal (9.09%), Fat: 12.19g (18.76%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 18.66g (6.22%), Net Carbohydrates: 16.23g (5.9%), Sugar: 6.17g (6.86%), Cholesterol: 10.03mg (3.34%), Sodium: 331.93mg (14.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.57%), Vitamin K: 18.23µg (17.36%), Vitamin C: 10.85mg (13.15%), Folate: 45.18µg (11.29%), Manganese: 0.2mg (10.03%), Vitamin B1: 0.15mg (9.82%), Fiber: 2.44g (9.76%), Magnesium: 37.51mg (9.38%), Vitamin A: 446.79IU (8.94%), Phosphorus: 86.63mg (8.66%), Vitamin B3: 1.68mg (8.4%), Vitamin E: 1.24mg (8.24%), Potassium: 285.02mg (8.14%), Vitamin B5: 0.67mg (6.72%), Vitamin B6: 0.09mg (4.74%), Iron: 0.83mg (4.6%), Vitamin B2: 0.06mg (3.7%), Copper: 0.07mg (3.3%), Zinc: 0.48mg (3.19%), Calcium: 14.44mg (1.44%)