



Corn with Jalapenos



Vegetarian



Gluten Free

READY IN



21 min.

SERVINGS



4

CALORIES



176 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter cut into pieces
- ☐ 6 ears corn fresh
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 2 jalapeño peppers fresh diced seeded
- ☐ 0.3 cup onion diced
- ☐ 2 tablespoons pimento peppers chopped

Equipment

- ☐ bowl

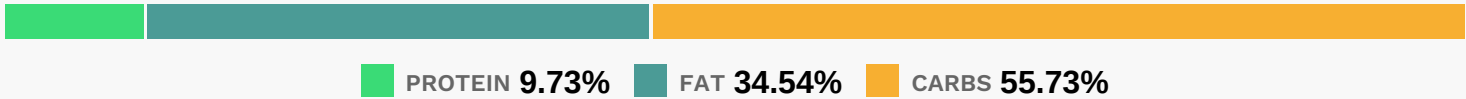
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microwave

Directions

- ☐ Combine corn, jalapenos, onion, pimentos, and butter in microwave safe bowl. Cover, and cook in the microwave on 100% power until heated through, about 4 minutes depending on your microwave. Stir every minute.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:0.51, Inflammation Score:-7, Nutrition Score:8.7773913825336%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 176kcal (8.8%), Fat: 7.57g (11.65%), Saturated Fat: 4.05g (25.34%), Carbohydrates: 27.48g (9.16%), Net Carbohydrates: 24.16g (8.79%), Sugar: 9.56g (10.62%), Cholesterol: 15.05mg (5.02%), Sodium: 67.3mg (2.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.59%), Vitamin C: 26.27mg (31.84%), Folate: 61.88µg (15.47%), Vitamin B1: 0.22mg (14.68%), Vitamin A: 702.78IU (14.06%), Magnesium: 53.17mg (13.29%), Fiber: 3.32g (13.28%), Manganese: 0.26mg (13.18%), Phosphorus: 129.25mg (12.92%), Vitamin B3: 2.56mg (12.78%), Potassium: 418.81mg (11.97%), Vitamin B5: 1.02mg (10.16%), Vitamin B6: 0.19mg (9.56%), Vitamin B2: 0.09mg (5.34%), Iron: 0.91mg (5.07%), Zinc: 0.68mg (4.52%), Copper: 0.09mg (4.36%), Vitamin E: 0.57mg (3.83%), Vitamin K: 3.17µg (3.02%), Selenium: 0.99µg (1.42%)