



Creamed Corn Succotash with Cotija

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

Ingredients

- 0.3 cup cilantro leaves fresh whole chopped for garnish
- 8 ears corn on the cob fresh husked
- 0.3 cup cotija cheese grated
- 3 tablespoons crème fraîche
- 8 ounces edamame fresh frozen thawed (blanched or)
- 1 clove garlic finely chopped
- 2 green onions thinly sliced
- 6 servings kosher salt and pepper black freshly ground

- 2 lime zest fresh finely grated
- 1 plum tomatoes diced seeded finely
- 2 teaspoons sugar
- 1 small onion diced sweet such as vidalia or walla walla, finely
- 2 tablespoons butter unsalted

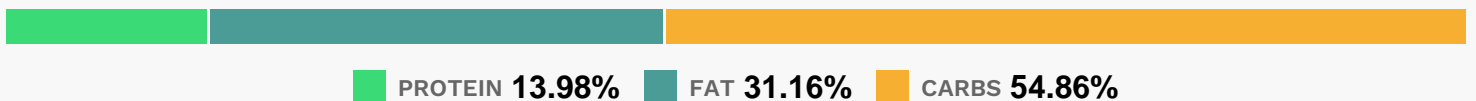
Equipment

- bowl
- frying pan
- knife

Directions

- Cut the corn from the cob and put into a bowl. Use the back of the knife and press to release the milk of the cob into the bowl with the corn.
- Heat the butter in a large saute pan over medium heat.
- Add the onions and cook until soft, about 4 minutes.
- Add the garlic and cook for 30 seconds.
- Add the corn and corn milk to the pan.
- Add the sugar and cook, stirring occasionally, until the corn begins to soften slightly and heats through, about 5 minutes.
- Add the edamame and tomatoes and cook for 2 minutes.
- Add the cotija and creme fraiche and season with salt and pepper. Cook for 1 minute longer.
- Remove from the heat and stir in the lime zest, green onions and chopped cilantro.
- Transfer to a serving bowl and garnish with whole cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:48.85, Glycemic Load:1.77, Inflammation Score:-7, Nutrition Score:10.896521718606%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 244.85kcal (12.24%), Fat: 9.31g (14.32%), Saturated Fat: 4.24g (26.47%), Carbohydrates: 36.86g (12.29%), Net Carbohydrates: 31.52g (11.46%), Sugar: 13.59g (15.1%), Cholesterol: 19.14mg (6.38%), Sodium: 98.07mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.78%), Vitamin C: 19.86mg (24.08%), Fiber: 5.34g (21.34%), Potassium: 637.89mg (18.23%), Folate: 71.93µg (17.98%), Phosphorus: 157.66mg (15.77%), Vitamin B1: 0.23mg (15.6%), Manganese: 0.28mg (14.2%), Magnesium: 54.99mg (13.75%), Vitamin B3: 2.41mg (12.03%), Vitamin B6: 0.24mg (12.01%), Vitamin K: 12.52µg (11.93%), Vitamin A: 588.03IU (11.76%), Iron: 2.09mg (11.59%), Vitamin B5: 1.07mg (10.69%), Calcium: 95.68mg (9.57%), Vitamin B2: 0.15mg (9.01%), Copper: 0.13mg (6.39%), Zinc: 0.9mg (5.97%), Selenium: 2.41µg (3.44%), Vitamin E: 0.38mg (2.55%), Vitamin B12: 0.13µg (2.1%)