



Cumin Corn



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup prechopped tricolor bell pepper mix
- ☐ 0.1 teaspoon pepper black
- ☐ 2 teaspoons butter
- ☐ 2 ears corn
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 cup onion finely chopped
- ☐ 0.1 teaspoon salt

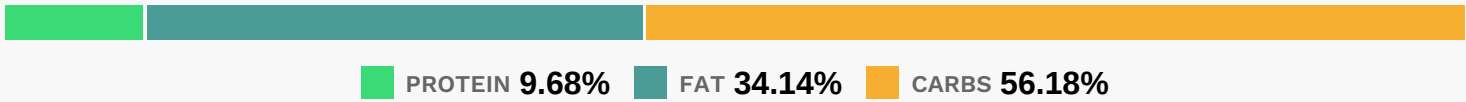
Equipment

☐ frying pan

Directions

- ☐ Remove husks from corn; scrub silks from corn.
- ☐ Cut kernels from ears of corn; set corn aside. Discard cobs.
- ☐ Melt butter in a nonstick skillet over medium heat.
- ☐ Add onion and bell pepper mix; cook, stirring constantly, 3 to 4 minutes until crisp-tender. Stir in cumin, salt, and pepper; cook 1 minute. Stir in corn; cook 5 minutes or until corn is crisp-tender, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:73, Glycemic Load:0.67, Inflammation Score:-7, Nutrition Score:7.6352174444043%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 127.34kcal (6.37%), Fat: 5.41g (8.32%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 17.43g (6.34%), Sugar: 7.27g (8.08%), Cholesterol: 10.75mg (3.58%), Sodium: 192.98mg (8.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.89%), Vitamin C: 31.46mg (38.13%), Vitamin A: 880.66IU (17.61%), Folate: 50.36µg (12.59%), Manganese: 0.22mg (10.9%), Vitamin B1: 0.16mg (10.71%), Fiber: 2.59g (10.36%), Magnesium: 38.77mg (9.69%), Phosphorus: 93.39mg (9.34%), Potassium: 318.86mg (9.11%), Vitamin B3: 1.81mg (9.07%), Vitamin B6: 0.16mg (8.18%), Vitamin B5: 0.74mg (7.36%), Vitamin B2: 0.07mg (4.32%), Iron: 0.77mg (4.28%), Zinc: 0.51mg (3.42%), Vitamin E: 0.49mg (3.25%), Copper: 0.06mg (3.18%), Vitamin K: 1.83µg (1.74%), Calcium: 11.88mg (1.19%), Selenium: 0.73µg (1.04%)