



Daddy's Fried Corn and Onions



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 ears corn fresh
- ☐ 4 servings salt and pepper to taste
- ☐ 1 small onion diced sweet

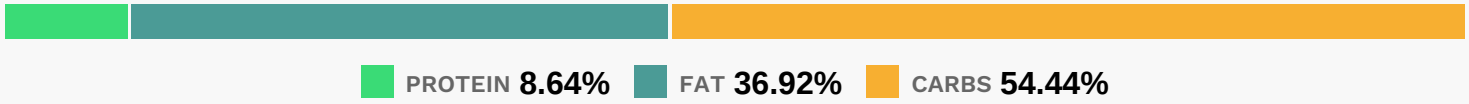
Equipment

- ☐ frying pan

Directions

- ☐
- Cut corn kernels from cob. Melt butter in a medium skillet over medium heat.
- ☐
- Saute corn kernels just until tender, then mix in onion. Continue to saute until onion is just beginning to turn crispy. Season with salt and pepper. Enjoy warm or cold.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:6.2556522002687%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 154.07kcal (7.7%), Fat: 6.96g (10.7%), Saturated Fat: 3.89g (24.32%), Carbohydrates: 23.08g (7.69%), Net Carbohydrates: 20.54g (7.47%), Sugar: 9.79g (10.88%), Cholesterol: 15.05mg (5.02%), Sodium: 258.92mg (11.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.33%), Folate: 57.04µg (14.26%), Vitamin C: 10.09mg (12.23%), Vitamin B1: 0.17mg (11.59%), Manganese: 0.21mg (10.5%), Phosphorus: 104.12mg (10.41%), Magnesium: 40.89mg (10.22%), Fiber: 2.54g (10.18%), Potassium: 343.19mg (9.81%), Vitamin B6: 0.19mg (9.57%), Vitamin B3: 1.71mg (8.53%), Vitamin B5: 0.73mg (7.34%), Vitamin A: 344.06IU (6.88%), Copper: 0.1mg (4.75%), Vitamin B2: 0.07mg (4.03%), Iron: 0.69mg (3.81%), Zinc: 0.53mg (3.52%), Calcium: 20.15mg (2.02%), Vitamin E: 0.24mg (1.61%), Selenium: 1.02µg (1.46%)