



Fried Corn with Smoked Sausage

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



330 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 16 ounce corn kernels frozen
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 bell pepper green chopped
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon onion powder
- ☐ 1 bell pepper red chopped

- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 1 pound sausage smoked cut into 1-inch pieces
- ☐ 0.3 teaspoon monosodium glutamate (MSG, or Accent flavor enhancer)
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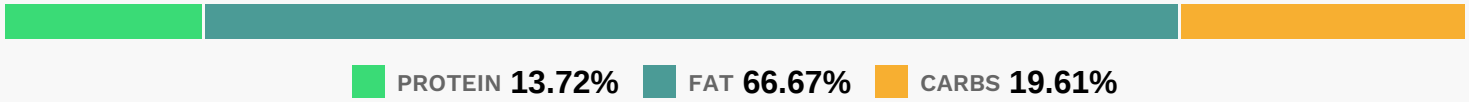
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter in a large, deep skillet over medium-high heat. Cook the onion, green bell pepper, red bell pepper, and smoked sausage in the butter until hot, 1 to 2 minutes.
- ☐ Add the corn and reduce heat to medium; cover and cook until the corn is tender, 5 to 7 minutes. Season with seasoned salt, garlic powder, onion powder, monosodium glutamate, and pepper; toss to combine.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.7, Inflammation Score:-7, Nutrition Score:11.902608550113%

Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 329.62kcal (16.48%), Fat: 24.9g (38.31%), Saturated Fat: 9.58g (59.85%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 13.84g (5.03%), Sugar: 5.46g (6.07%), Cholesterol: 63.71mg (21.24%), Sodium: 1022.25mg (44.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.05%), Vitamin C: 43.94mg (53.26%), Vitamin B12: 1.15µg (19.16%), Vitamin B3: 3.51mg (17.56%), Vitamin B1: 0.26mg (17.14%), Vitamin A: 845.6IU (16.91%), Selenium: 10.6µg (15.14%), Vitamin B6: 0.29mg (14.31%), Phosphorus: 132.86mg (13.29%), Vitamin B2: 0.23mg

(13.25%), Zinc: 1.96mg (13.09%), Folate: 45.96µg (11.49%), Fiber: 2.64g (10.54%), Potassium: 352.33mg (10.07%), Manganese: 0.19mg (9.73%), Vitamin B5: 0.71mg (7.15%), Iron: 1.18mg (6.55%), Magnesium: 25.65mg (6.41%), Vitamin D: 0.83µg (5.54%), Copper: 0.1mg (4.85%), Vitamin E: 0.57mg (3.8%), Vitamin K: 2.92µg (2.78%), Calcium: 17.41mg (1.74%)