



Guid-Moc-Shoe

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 pound bacon diced
- 1 tablespoon pepper black freshly ground
- 3 celery stalks diced
- 3 ears corn fresh white with husk
- 3 tablespoons flour all-purpose
- 1 bell pepper diced green
- 0.5 jalapeño diced
- 0.8 cup chicken stock see low-sodium

- 1 bell pepper diced red
- 1 onion diced red
- 0.3 cup roma tomatoes diced
- 1 tablespoon salt
- 0.3 cup white wine
- 1 onion diced yellow

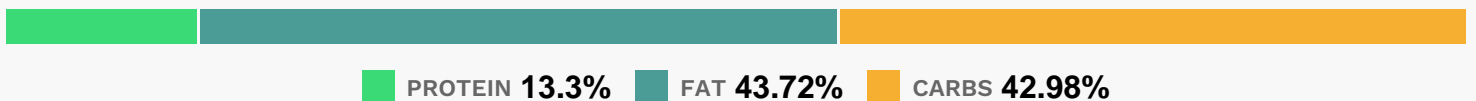
Equipment

- frying pan
- paper towels
- grill
- broiler
- grill pan

Directions

- Lightly oil the corn and slightly roast on a grill or grill pan. Meanwhile, char the bell peppers on an open burner flame, or oil them lightly and char under the broiler.
- Let corn cool and cut kernels from husk. Peel and dice the bell peppers.
- In a large saute pan over medium heat, add bacon and cook until crispy, then remove from pan and drain on a paper towel-lined plate.
- Add onions, jalapeno pepper and peppers to bacon fat; saute for 3 minutes. Then add corn and celery and saute until celery is al dente.
- Add flour and stir until lightly browned.
- Add white wine and chicken stock. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:53.33, Glycemic Load:3.42, Inflammation Score:-8, Nutrition Score:10.335652185523%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg

Nutrients (% of daily need)

Calories: 172.77kcal (8.64%), Fat: 8.51g (13.1%), Saturated Fat: 2.78g (17.34%), Carbohydrates: 18.83g (6.28%), Net Carbohydrates: 16.02g (5.82%), Sugar: 6.17g (6.85%), Cholesterol: 12.47mg (4.16%), Sodium: 1309.21mg (56.92%), Alcohol: 1.03g (100%), Alcohol %: 0.65% (100%), Protein: 5.83g (11.65%), Vitamin C: 49.9mg (60.49%), Vitamin A: 895.38IU (17.91%), Manganese: 0.35mg (17.57%), Vitamin B6: 0.26mg (13.25%), Vitamin B1: 0.2mg (13.09%), Vitamin B3: 2.62mg (13.08%), Folate: 46.62µg (11.65%), Fiber: 2.81g (11.26%), Phosphorus: 106.45mg (10.65%), Potassium: 370.48mg (10.59%), Magnesium: 32.29mg (8.07%), Selenium: 5.62µg (8.03%), Vitamin B2: 0.11mg (6.29%), Vitamin B5: 0.61mg (6.07%), Vitamin K: 5.99µg (5.7%), Copper: 0.11mg (5.25%), Iron: 0.94mg (5.25%), Zinc: 0.67mg (4.48%), Vitamin E: 0.62mg (4.13%), Calcium: 23.37mg (2.34%), Vitamin B12: 0.12µg (2.07%)