



Hot 'n Spicy Corn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



137 kcal

SIDE DISH

Ingredients

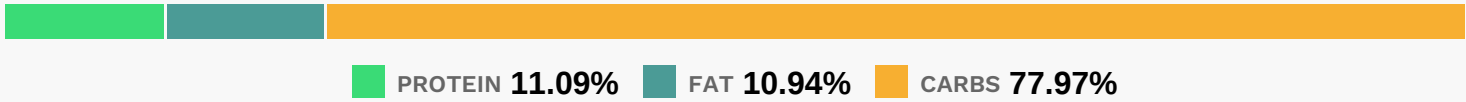
- ☐ 1 tablespoon chipotles in adobo finely chopped (from 7-oz can)
- ☐ 6 cups corn green frozen giant®
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sun-dried tomatoes drained chopped in oil (from 8-ounce jar)

Equipment

Directions

- ☐
- Cook corn as directed on bags.
- ☐
- Stir in all remaining ingredients; cook until hot.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:7.0682609573655%

Nutrients (% of daily need)

Calories: 137.17kcal (6.86%), Fat: 1.93g (2.97%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 26.95g (9.8%), Sugar: 0.13g (0.14%), Cholesterol: 0mg (0%), Sodium: 315.18mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.81%), Vitamin C: 15.91mg (19.28%), Fiber: 4.05g (16.2%), Potassium: 471.48mg (13.47%), Folate: 51.08µg (12.77%), Vitamin B6: 0.24mg (12.17%), Phosphorus: 117.22mg (11.72%), Vitamin B3: 2.33mg (11.65%), Manganese: 0.23mg (11.42%), Magnesium: 45.18mg (11.29%), Vitamin B1: 0.14mg (9.38%), Vitamin B2: 0.14mg (7.95%), Zinc: 0.92mg (6.14%), Iron: 1.07mg (5.96%), Copper: 0.1mg (4.79%), Vitamin B5: 0.4mg (3.96%), Vitamin A: 93.46IU (1.87%), Selenium: 1.2µg (1.71%)