



Irresistible Italian Corn

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



110 kcal

SIDE DISH

Ingredients

- 1.5 tablespoons butter
- 1 pinch salt and ground pepper black
- 1 tablespoon penzey's southwest seasoning italian
- 2.5 cups kernel corn sweet whole

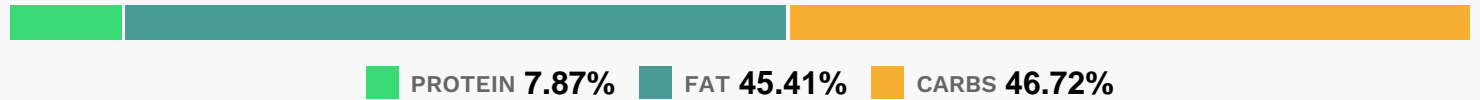
Equipment

- frying pan

Directions

- Heat a skillet over high heat.
- Heat butter in hot skillet until almost completely melted; stir in corn. Season corn with Italian seasoning, salt, and black pepper. Cook seasoned corn until light golden brown, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:2.5847826029943%

Nutrients (% of daily need)

Calories: 110.39kcal (5.52%), Fat: 5.65g (8.7%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 12.55g (4.56%), Sugar: 0.05g (0.06%), Cholesterol: 11.29mg (3.76%), Sodium: 186.89mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Vitamin K: 8.18µg (7.79%), Folate: 30.31µg (7.58%), Manganese: 0.12mg (5.9%), Phosphorus: 41.59mg (4.16%), Vitamin B3: 0.79mg (3.96%), Iron: 0.67mg (3.72%), Potassium: 126.09mg (3.6%), Magnesium: 13.84mg (3.46%), Vitamin A: 152.6IU (3.05%), Vitamin E: 0.35mg (2.34%), Calcium: 23.21mg (2.32%), Fiber: 0.54g (2.15%), Zinc: 0.3mg (2.01%), Vitamin C: 1.62mg (1.97%), Copper: 0.04mg (1.87%), Vitamin B2: 0.02mg (1.32%), Vitamin B1: 0.02mg (1.1%)