



Maque Choux



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 6 ears corn fresh
- ☐ 1 clove garlic minced
- ☐ 0.5 bell pepper green chopped
- ☐ 0.3 teaspoon hot sauce
- ☐ 1 small onion chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

- ☐ 1 teaspoon sugar
- ☐ 1 large tomatoes peeled seeded chopped
- ☐ 1 tablespoon vegetable oil

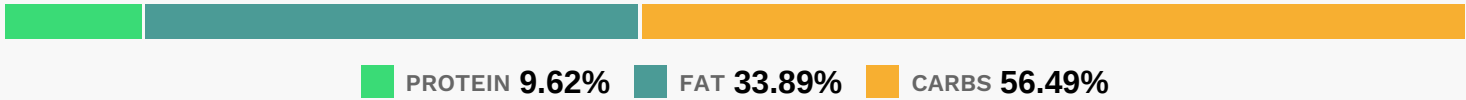
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife

Directions

- ☐ Cut off tips of corn kernels into a bowl; using a knife, scrape milk and remaining pulp from corncob into bowl. Set aside.
- ☐ Combine oil and butter in a large skillet; heat until butter melts.
- ☐ Add corn, tomato, and remaining ingredients; cook, stirring constantly, 5 minutes. Cover, reduce heat, and simmer 20 minutes, stirring often.

Nutrition Facts



Properties

Glycemic Index:51.77, Glycemic Load:1.65, Inflammation Score:-7, Nutrition Score:10.364782693431%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 194.79kcal (9.74%), Fat: 8.19g (12.59%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 26.86g (9.77%), Sugar: 11.76g (13.06%), Cholesterol: 0mg (0%), Sodium: 354.13mg (15.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Vitamin C: 29.1mg (35.27%), Folate: 68.43µg (17.11%), Manganese: 0.34mg (17.1%), Vitamin B1: 0.24mg (16.31%), Vitamin A: 813.2IU (16.26%), Fiber: 3.84g (15.38%),

Potassium: 530.49mg (15.16%), Magnesium: 58.72mg (14.68%), Phosphorus: 141.3mg (14.13%), Vitamin B3: 2.76mg (13.8%), Vitamin B6: 0.23mg (11.33%), Vitamin K: 11.65µg (11.09%), Vitamin B5: 1.05mg (10.54%), Copper: 0.12mg (6.03%), Vitamin B2: 0.09mg (5.56%), Vitamin E: 0.79mg (5.25%), Iron: 0.94mg (5.23%), Zinc: 0.76mg (5.06%), Calcium: 15.93mg (1.59%), Selenium: 1.02µg (1.45%)