



Maque Choux



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



96 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 5 cups corn kernels fresh (8 ears)
- ☐ 1 cup onion chopped
- ☐ 0.5 cup poblano pepper chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon cajun spice mix

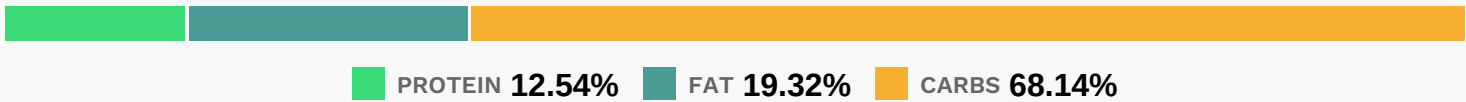
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add corn, onion, and pepper; saut for 10 minutes or until corn begins to brown.
- ☐ Add tomatoes, Cajun Spice
- ☐ Mix, salt, and broth; cook 20 minutes or until liquid almost evaporates, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:1.21, Inflammation Score:-6, Nutrition Score:7.173043506301%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 95.86kcal (4.79%), Fat: 2.37g (3.64%), Saturated Fat: 1g (6.24%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 15.91g (5.79%), Sugar: 7.29g (8.11%), Cholesterol: 3.01mg (1%), Sodium: 238.17mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Vitamin C: 15.89mg (19.26%), Vitamin A: 631.6IU (12.63%), Manganese: 0.24mg (11.79%), Fiber: 2.87g (11.5%), Potassium: 372.32mg (10.64%), Vitamin B1: 0.16mg (10.53%), Folate: 40.08µg (10.02%), Vitamin B3: 1.97mg (9.87%), Magnesium: 38.78mg (9.7%), Vitamin B6: 0.18mg (9.08%), Phosphorus: 87.59mg (8.76%), Vitamin B5: 0.69mg (6.94%), Copper: 0.13mg (6.64%), Iron: 1.14mg (6.31%), Vitamin E: 0.83mg (5.54%), Vitamin B2: 0.08mg (4.65%), Vitamin K: 3.67µg (3.5%), Zinc: 0.52mg (3.44%), Calcium: 22.32mg (2.23%), Selenium: 1.07µg (1.53%)