



Maque Choux



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 2 teaspoons creole seasoning
- ☐ 4 cups corn kernels fresh (8 ears)
- ☐ 1 garlic clove minced
- ☐ 1 bell pepper green chopped
- ☐ 1 jalapeno minced
- ☐ 1 medium size onion sweet chopped
- ☐ 2 tomatoes chopped

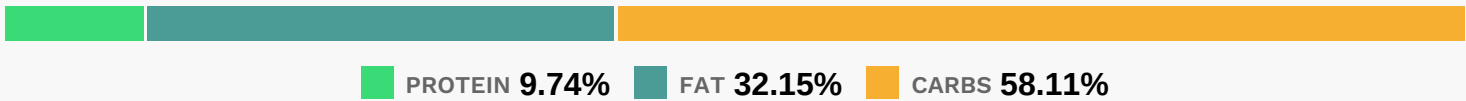
Equipment

☐ dutch oven

Directions

☐ Saut onion, bell pepper, garlic, and jalapeo pepper in hot oil in a Dutch oven over medium-high heat 10 minutes or until tender. Stir in corn, tomatoes, and seasoning; reduce heat to low. Cover and cook 10 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:0.61, Inflammation Score:-8, Nutrition Score:10.036086968754%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg

Nutrients (% of daily need)

Calories: 156.93kcal (7.85%), Fat: 6.26g (9.63%), Saturated Fat: 0.7g (4.41%), Carbohydrates: 25.45g (8.48%), Net Carbohydrates: 21.94g (7.98%), Sugar: 10.55g (11.72%), Cholesterol: 0mg (0%), Sodium: 21.91mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.53%), Vitamin C: 34.22mg (41.48%), Vitamin A: 898.83IU (17.98%), Folate: 62.77µg (15.69%), Manganese: 0.29mg (14.72%), Fiber: 3.52g (14.06%), Potassium: 479.75mg (13.71%), Vitamin B6: 0.27mg (13.56%), Vitamin B1: 0.2mg (13.54%), Magnesium: 48.71mg (12.18%), Phosphorus: 118.06mg (11.81%), Vitamin B3: 2.21mg (11.07%), Vitamin E: 1.47mg (9.82%), Vitamin K: 9.47µg (9.01%), Vitamin B5: 0.81mg (8.14%), Copper: 0.13mg (6.27%), Vitamin B2: 0.09mg (5.05%), Iron: 0.89mg (4.95%), Zinc: 0.64mg (4.25%), Calcium: 21.22mg (2.12%), Selenium: 0.99µg (1.42%)