



Mazorca Desgranada (Corn Kernels Snack)

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



297 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings bacon shredded crispy cooked
- ☐ 4 ears corn husked
- ☐ 1 sticks potato chips crushed for garnish
- ☐ 1 cup queso fresco grated crumbled
- ☐ 6 servings salt and pepper to taste
- ☐ 8 tablespoons tartar sauce

Equipment

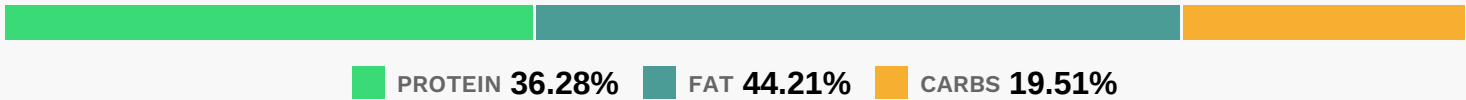
- ☐ bowl

- ☐ pot
- ☐ serrated knife

Directions

- ☐ Bring a pot with salted water to a boil over medium-high heat.
- ☐ Add the corn and cook until tender, about 5 to 7 minutes.
- ☐ Transfer the corn to a bowl and allow them to cool slightly. Using a serrated knife, remove the kernels from the corn. Divide the corn between 4 individual plates.
- ☐ Drizzle with the sauce and season with salt and pepper.
- ☐ Sprinkle with cheese and top with bacon and potatoes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:12.363478204478%

Nutrients (% of daily need)

Calories: 297.43kcal (14.87%), Fat: 14.68g (22.59%), Saturated Fat: 5.03g (31.43%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 13.27g (4.83%), Sugar: 5.08g (5.64%), Cholesterol: 79.18mg (26.39%), Sodium: 553.52mg (24.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.11g (54.22%), Vitamin B3: 7.79mg (38.96%), Selenium: 25.38µg (36.26%), Phosphorus: 298.54mg (29.85%), Vitamin B6: 0.43mg (21.47%), Zinc: 2.12mg (14.13%), Vitamin B5: 1.35mg (13.51%), Calcium: 131.84mg (13.18%), Vitamin B2: 0.2mg (11.71%), Magnesium: 46.24mg (11.56%), Potassium: 398.52mg (11.39%), Vitamin B1: 0.16mg (10.52%), Vitamin K: 10.5µg (10%), Vitamin B12: 0.59µg (9.87%), Folate: 31.92µg (7.98%), Iron: 1.43mg (7.97%), Manganese: 0.14mg (6.91%), Vitamin A: 343.94IU (6.88%), Vitamin C: 4.58mg (5.55%), Fiber: 1.31g (5.22%), Copper: 0.09mg (4.64%), Vitamin D: 0.55µg (3.66%), Vitamin E: 0.47mg (3.14%)