



Melody's Corn Maque Choux

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon
- ☐ 1 tablespoon add carrot and onion to bacon fat . cook
- ☐ 0.5 cup beef broth
- ☐ 3 tablespoons butter
- ☐ 0.5 cup celery diced
- ☐ 20 ounce corn kernels frozen
- ☐ 1 pinch creole seasoning to taste
- ☐ 0.3 cup parsley fresh minced

- ☐ 1 tablespoon thyme leaves fresh minced
- ☐ 5 cloves garlic minced
- ☐ 0.5 cup bell pepper diced green
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup onion chopped
- ☐ 0.5 cup bell pepper diced red
- ☐ 1 teaspoon salt

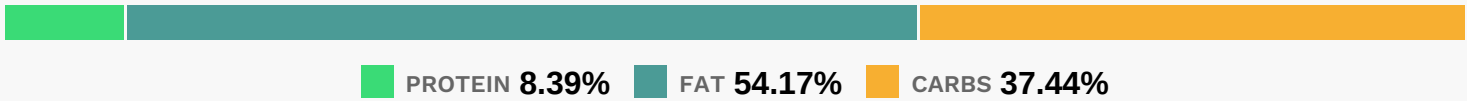
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Cook bacon in a skillet over medium, turning occasionally, until evenly browned and crisp, about 10 minutes; drain on paper towels. Reserve 1 tablespoon bacon drippings.
- ☐ Allow bacon to cool; crumble and set aside.
- ☐ Melt butter with the bacon drippings in a large saucepan over medium heat. Cook and stir onion, celery, green bell pepper, red bell pepper, thyme, salt, black pepper, parsley, and Creole seasoning in the butter mixture until onion is translucent, about 8 minutes.
- ☐ Stir in garlic and cook until fragrant, about 2 more minutes.
- ☐ Mix in beef broth and corn; bring to a boil.
- ☐ Cover the saucepan and reduce heat to low; simmer until broth is nearly evaporated and vegetables are tender, about 20 more minutes. Stir in crumbled bacon. Dish can be simmered longer or held over low heat if desired.

Nutrition Facts



Properties

Glycemic Index:53.67, Glycemic Load:1.12, Inflammation Score:-9, Nutrition Score:10.118260956329%

Flavonoids

Apigenin: 5.66mg, Apigenin: 5.66mg, Apigenin: 5.66mg, Apigenin: 5.66mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 190.3kcal (9.51%), Fat: 12.27g (18.87%), Saturated Fat: 5.78g (36.13%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 15.78g (5.74%), Sugar: 6.31g (7.02%), Cholesterol: 22.11mg (7.37%), Sodium: 763.4mg (33.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Vitamin K: 45.93µg (43.74%), Vitamin C: 35.62mg (43.18%), Vitamin A: 974.23IU (19.48%), Folate: 55.09µg (13.77%), Manganese: 0.27mg (13.57%), Fiber: 3.3g (13.2%), Vitamin B6: 0.2mg (9.87%), Vitamin B3: 1.71mg (8.57%), Potassium: 294.43mg (8.41%), Phosphorus: 80.65mg (8.06%), Vitamin B2: 0.13mg (7.88%), Vitamin B1: 0.09mg (6.12%), Magnesium: 24.12mg (6.03%), Vitamin B5: 0.52mg (5.25%), Iron: 0.91mg (5.07%), Selenium: 2.8µg (4%), Vitamin E: 0.6mg (3.97%), Copper: 0.08mg (3.91%), Zinc: 0.58mg (3.88%), Calcium: 31.42mg (3.14%), Vitamin B12: 0.06µg (1.04%)