



Mexican Blackened Corn

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

Ingredients

- 0.3 cup beer
- 0.3 cup cotija cheese crumbled
- 4 ears corn fresh sweet
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic chopped
- 0.3 teaspoon ground pepper
- 1 teaspoon ground cumin
- 1 small onion chopped

0.5 small bell pepper red chopped

0.3 teaspoon sea salt

Equipment

frying pan

paper towels

spatula

Directions

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.

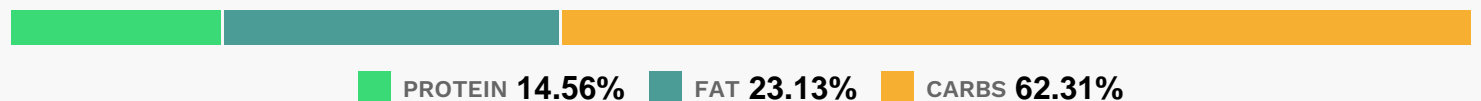
Drain the bacon slices on a paper towel-lined plate. When cool, chop the bacon.

Place the kernels of corn into a large skillet over high heat, and sprinkle the cumin, sea salt, and cayenne pepper over the corn. Turn the corn gently over with a spatula as it cooks, then stir in the onion, red bell pepper, and garlic. Stir the corn mixture every few minutes, until it begins to stick in the pan.

Pour the beer into the pan to help unstick the corn, stir, and cook until the corn is dark with very dark spots, and the onion and red bell pepper are soft, about 20 minutes.

Remove from heat, and sprinkle with chopped bacon, cotija cheese, and cilantro.

Nutrition Facts



Properties

Glycemic Index:56.38, Glycemic Load:0.95, Inflammation Score:-6, Nutrition Score:8.017391225566%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 122.73kcal (6.14%), Fat: 3.42g (5.26%), Saturated Fat: 1.57g (9.78%), Carbohydrates: 20.73g (6.91%), Net Carbohydrates: 18.3g (6.65%), Sugar: 6.81g (7.57%), Cholesterol: 8.34mg (2.78%), Sodium: 268.97mg (11.69%), Alcohol: 0.58g (100%), Alcohol %: 0.5% (100%), Protein: 4.85g (9.69%), Vitamin C: 20.13mg (24.4%), Phosphorus: 126.88mg (12.69%), Folate: 50.11µg (12.53%), Vitamin A: 623.81IU (12.48%), Vitamin B1: 0.17mg (11.66%), Manganese: 0.23mg (11.62%), Magnesium: 41.49mg (10.37%), Vitamin B6: 0.2mg (10.17%), Fiber: 2.44g (9.75%), Vitamin B3: 1.93mg (9.64%), Potassium: 320.58mg (9.16%), Vitamin B2: 0.15mg (8.88%), Vitamin B5: 0.81mg (8.07%), Calcium: 61.6mg (6.16%), Iron: 0.99mg (5.52%), Zinc: 0.79mg (5.25%), Vitamin K: 4.21µg (4.01%), Copper: 0.07mg (3.62%), Selenium: 2.39µg (3.42%), Vitamin B12: 0.16µg (2.69%), Vitamin E: 0.31mg (2.06%)