



Mexican Corn

 Vegetarian  Gluten Free  Popular

READY IN



20 min.

SERVINGS



6

CALORIES



314 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 8 ounce cream cheese
- 1 teaspoon garlic salt
- 10 jalapeño peppers chopped
- 30.5 ounce kernel corn whole drained canned

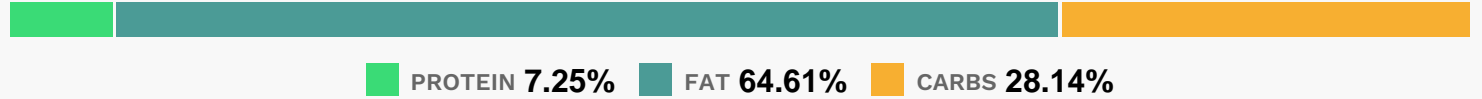
Equipment

- sauce pan

Directions

- In a medium saucepan combine corn, cream cheese, butter, jalapeno peppers and garlic salt. Cook over medium heat for about 10 minutes or until heated through, stirring constantly after cream cheese begins to melt.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.84, Inflammation Score:-7, Nutrition Score:7.1204346522041%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 313.52kcal (15.68%), Fat: 22.82g (35.11%), Saturated Fat: 12.83g (80.21%), Carbohydrates: 22.37g (7.46%), Net Carbohydrates: 21.72g (7.9%), Sugar: 2.39g (2.65%), Cholesterol: 58.51mg (19.5%), Sodium: 802.69mg (34.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Vitamin C: 30.12mg (36.51%), Vitamin A: 995.54IU (19.91%), Folate: 51.78µg (12.94%), Phosphorus: 107.87mg (10.79%), Vitamin E: 1.38mg (9.2%), Potassium: 277.28mg (7.92%), Vitamin B2: 0.13mg (7.54%), Vitamin B3: 1.46mg (7.31%), Vitamin B6: 0.12mg (5.96%), Magnesium: 22.95mg (5.74%), Vitamin K: 5.77µg (5.5%), Manganese: 0.11mg (5.42%), Selenium: 3.44µg (4.91%), Calcium: 44.86mg (4.49%), Zinc: 0.63mg (4.23%), Copper: 0.06mg (3.13%), Vitamin B5: 0.3mg (2.99%), Vitamin B1: 0.04mg (2.67%), Fiber: 0.65g (2.61%), Iron: 0.42mg (2.35%), Vitamin B12: 0.1µg (1.65%)