



## Natina Corn

 Gluten Free

READY IN



23 min.

SERVINGS



6

CALORIES



119 kcal

SIDE DISH

## Ingredients

- 2 tablespoons butter
- 6 servings cayenne pepper for garnish
- 6 sprigs thyme leaves fresh
- 12 ounce regular corn frozen
- 0.5 cup chicken stock see low-sodium
- 6 servings salt and pepper black freshly ground
- 0.3 cup cup heavy whipping cream sour

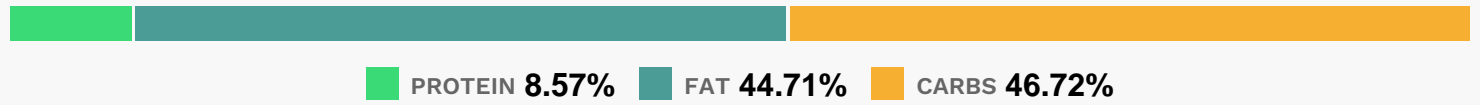
## Equipment

sauce pan

## Directions

- In a saucepan on medium-high heat, add the butter, chicken stock and thyme. Simmer until the thyme wilts slightly, about 8 minutes.
- Add the corn and stir to break up any chunks. Simmer for about 10 minutes.
- Remove from the heat, remove the sprigs of thyme, add the sour cream and season with salt and pepper. Stir to blend, and then serve with a dash of cayenne pepper.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:5.3608696175658%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg

## Nutrients (% of daily need)

Calories: 118.77kcal (5.94%), Fat: 6.57g (10.11%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 13.15g (4.78%), Sugar: 0.56g (0.63%), Cholesterol: 15.69mg (5.23%), Sodium: 42.42mg (1.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.67%), Vitamin A: 1058.85IU (21.18%), Fiber: 2.3g (9.19%), Vitamin C: 7.3mg (8.85%), Manganese: 0.16mg (8.03%), Vitamin B6: 0.16mg (8.01%), Vitamin B3: 1.43mg (7.13%), Phosphorus: 70.71mg (7.07%), Potassium: 244.41mg (6.98%), Folate: 25.98µg (6.5%), Magnesium: 24.2mg (6.05%), Vitamin B2: 0.1mg (5.69%), Vitamin E: 0.74mg (4.95%), Vitamin B1: 0.07mg (4.51%), Iron: 0.77mg (4.3%), Zinc: 0.52mg (3.48%), Copper: 0.05mg (2.75%), Calcium: 21.31mg (2.13%), Vitamin K: 2.24µg (2.13%), Vitamin B5: 0.21mg (2.09%), Selenium: 1.04µg (1.48%)