



Oven Roasted Corn



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



20

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds regular corn frozen
- ☐ 3 bell peppers diced green
- ☐ 2 teaspoons freshly parsley leaves chopped
- ☐ 3 bell peppers diced red seeds removed and
- ☐ 20 servings salt and pepper black freshly ground
- ☐ 16 tablespoons butter unsalted divided cubed (2 sticks or)
- ☐ 2 large onions diced white

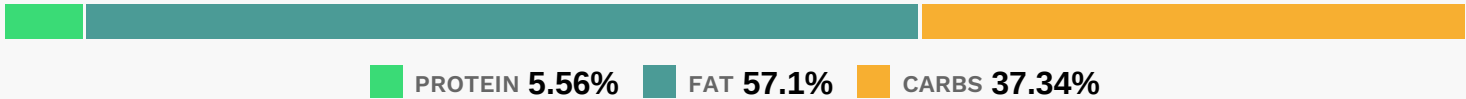
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Melt 1 stick of the butter in a large skillet and saute the red and green peppers and onions until tender.
- ☐ Remove from heat and add the rest of the butter.
- ☐ Refresh the frozen corn under cold running water and drain thoroughly.
- ☐ Mix pepper and mixture with corn, and place on a roasting tray place in the oven and roast until golden brown, about 15 to 20 minutes. Season, to taste, with salt and pepper, and serve garnished with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:6.65, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:6.7160869836807%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 139.22kcal (6.96%), Fat: 9.54g (14.68%), Saturated Fat: 5.84g (36.48%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 11.81g (4.29%), Sugar: 1.82g (2.02%), Cholesterol: 24.08mg (8.03%), Sodium: 5.38mg (0.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin C: 41.59mg (50.41%), Vitamin A: 908.32IU (18.17%), Vitamin B6: 0.19mg (9.59%), Fiber: 2.23g (8.92%), Folate: 31.36µg (7.84%), Manganese: 0.15mg (7.3%), Potassium: 228.23mg (6.52%), Phosphorus: 54.88mg (5.49%), Vitamin B3: 1.05mg (5.23%), Magnesium: 20.34mg (5.09%), Vitamin B1: 0.07mg (4.94%), Vitamin E: 0.61mg (4.08%), Vitamin B2: 0.07mg (4.01%), Vitamin K: 3.37µg (3.21%), Zinc: 0.42mg (2.81%), Iron: 0.49mg (2.72%), Vitamin B5: 0.24mg (2.39%), Copper: 0.05mg (2.35%), Calcium: 11.44mg (1.14%), Vitamin D: 0.17µg (1.12%)