



Peppered Corn on the Cob

 Gluten Free

READY IN



253 min.

SERVINGS



6

CALORIES



258 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 6 tablespoons butter softened
- 0.5 cup chicken broth
- 12 bacon (with ready crisp bacon) fully cooked
- 6 ears corn fresh
- 4 garlic clove pressed
- 1 jalapeno minced
- 0.5 teaspoon salt

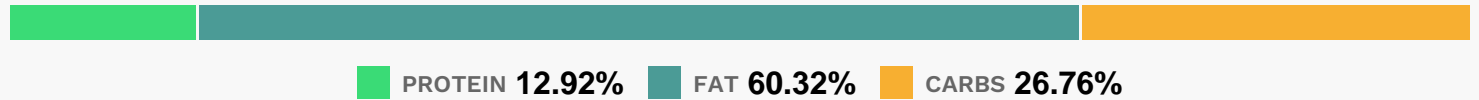
Equipment

- bowl
- slow cooker

Directions

- Combine butter and garlic in a small bowl. Rub garlic butter evenly over ears of corn.
- Sprinkle evenly with pepper and salt. Wrap each ear of corn with 2 bacon slices, and secure with wooden picks.
- Place corn in a 5-quart slow cooker.
- Add broth and jalapeo pepper.
- Cover and cook on LOW 3 to 4 hours or until corn is tender.
- Remove bacon before serving, if desired.
- Bacon Bit: If you don't want to wrap the bacon around the corn, simply chop the bacon and sprinkle on top of the corn in the cooker.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:7.9847825325054%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 258.33kcal (12.92%), Fat: 18.26g (28.09%), Saturated Fat: 9.42g (58.87%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 16.23g (5.9%), Sugar: 5.84g (6.49%), Cholesterol: 46.33mg (15.44%), Sodium: 639.24mg (27.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.59%), Vitamin B3: 3.37mg (16.85%), Vitamin B1: 0.24mg (15.95%), Phosphorus: 150.52mg (15.05%), Selenium: 9.18µg (13.11%), Manganese: 0.24mg (11.9%), Vitamin C: 9.51mg (11.53%), Vitamin A: 551.63IU (11.03%), Vitamin B6: 0.21mg (10.26%), Magnesium: 40.16mg (10.04%), Potassium: 348mg (9.94%), Folate: 38.97µg (9.74%), Vitamin B5: 0.87mg (8.65%), Fiber: 1.99g (7.97%),

Zinc: 0.96mg (6.41%), Vitamin B2: 0.11mg (6.32%), Copper: 0.08mg (4%), Iron: 0.71mg (3.95%), Vitamin E: 0.55mg (3.68%), Vitamin B12: 0.2µg (3.37%), Vitamin K: 2.26µg (2.15%), Calcium: 13.2mg (1.32%)