



Sautéed Corn and Cherry Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



92 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 cup cherry tomatoes quartered (10)
- 2 cups corn kernels fresh (3 ears)
- 2 teaspoons thyme leaves fresh minced
- 1 garlic clove minced
- 3 tablespoons green onions chopped (2 large)
- 2 teaspoons olive oil
- 0.3 teaspoon salt

1 tablespoon sherry vinegar

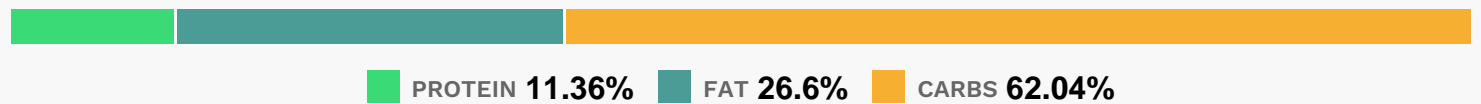
Equipment

frying pan

Directions

- Heat oil in a large nonstick skillet over medium heat.
- Add garlic to pan; saut 1 minute.
- Add corn and tomatoes; cook 3 minutes or until vegetables are tender, stirring often.
- Remove from heat; stir in onions and remaining ingredients.
- Serve with Blackened Catfish.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.22, Inflammation Score:-8, Nutrition Score:6.2439129922701%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 91.64kcal (4.58%), Fat: 3.06g (4.7%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 14g (5.09%), Sugar: 5.58g (6.2%), Cholesterol: 0mg (0%), Sodium: 161.64mg (7.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Vitamin C: 16.12mg (19.54%), Vitamin K: 12.2µg (11.62%), Manganese: 0.23mg (11.41%), Folate: 38.69µg (9.67%), Vitamin B1: 0.13mg (8.7%), Potassium: 303.31mg (8.67%), Magnesium: 33.45mg (8.36%), Vitamin A: 411.54IU (8.23%), Fiber: 2.05g (8.19%), Phosphorus: 79.52mg (7.95%), Vitamin B3: 1.53mg (7.66%), Vitamin B5: 0.58mg (5.83%), Vitamin B6: 0.11mg (5.66%), Iron: 0.94mg (5.21%), Copper: 0.08mg (4.12%), Vitamin E: 0.58mg (3.84%), Vitamin B2: 0.06mg (3.39%), Zinc: 0.43mg (2.9%), Calcium: 15.64mg (1.56%), Selenium: 0.77µg (1.1%)