



Skillet Corn on the Cob with Parmesan and Cilantro

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

Ingredients

- ☐ 4 ears of corn fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 6 tablespoons olive oil
- ☐ 0.3 cup parmesan cheese freshly grated

☐ 0.5 teaspoon pepper sauce hot

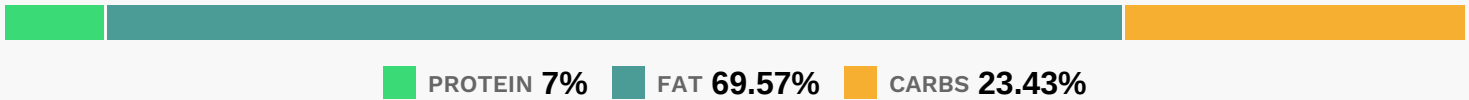
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Cook corn in pot of boiling salted water until tender, about 5 minutes.
- ☐ Drain.
- ☐ Whisk 5 tablespoons oil, cheese, garlic, lime juice, cumin, and pepper sauce in medium bowl to blend. Season to taste with salt and pepper.
- ☐ Heat remaining 1 tablespoon oil in large skillet over medium-high heat.
- ☐ Add corn and sauté until heated through, turning frequently, about 2 minutes.
- ☐ Brush corn with some of Parmesan mixture. Turn corn and brush with more cheese mixture. Cook until coating begins to color, about 3 minutes.
- ☐ Transfer corn to platter.
- ☐ Mix cilantro into any remaining Parmesan mixture and brush over corn.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:7.656521845123%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 302.34kcal (15.12%), Fat: 24.67g (37.96%), Saturated Fat: 4.49g (28.07%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 16.78g (6.1%), Sugar: 5.74g (6.37%), Cholesterol: 7.25mg (2.42%), Sodium: 174.47mg (7.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.17%), Vitamin E: 3.18mg (21.2%), Vitamin K: 16.23µg (15.46%), Phosphorus: 137.64mg (13.76%), Vitamin C: 8.16mg (9.89%), Vitamin B1: 0.15mg (9.88%), Folate: 39.4µg (9.85%), Magnesium: 38.82mg (9.7%), Manganese: 0.19mg (9.41%), Calcium: 82.92mg (8.29%), Vitamin B3: 1.65mg (8.23%), Potassium: 280.81mg (8.02%), Fiber: 1.91g (7.65%), Vitamin B5: 0.69mg (6.88%), Vitamin A: 316.97IU (6.34%), Iron: 0.99mg (5.51%), Zinc: 0.82mg (5.44%), Vitamin B6: 0.11mg (5.28%), Selenium: 3.6µg (5.15%), Vitamin B2: 0.08mg (4.9%), Copper: 0.06mg (3.1%), Vitamin B12: 0.11µg (1.88%)