

Skillet Fried Corn



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



287 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bacon chopped
- ☐ 32 ounce regular corn frozen
- ☐ 2 medium bell peppers green chopped
- ☐ 1 onion chopped
- ☐ 10 servings salt and pepper to taste

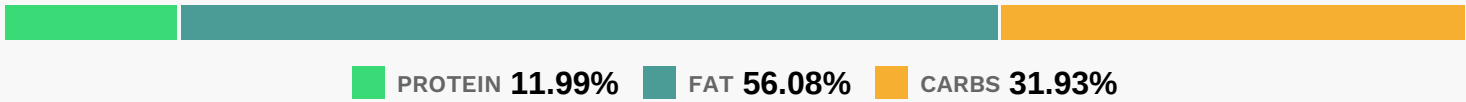
Equipment

- ☐ frying pan

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown, but still soft. Stir in onion and green bell peppers, and cook until tender, about 10 minutes.
- ☐ Reduce heat to low. Stir corn into skillet, and cook until tender, about 15 minutes. Salt and pepper to taste. Do not drain grease from bacon – that is the secret to the flavor.

Nutrition Facts



Properties

Glycemic Index:3.7, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:9.0473912176879%

Flavonoids

Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 287.21kcal (14.36%), Fat: 18.76g (28.86%), Saturated Fat: 6.16g (38.49%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 20.9g (7.6%), Sugar: 1.04g (1.15%), Cholesterol: 29.94mg (9.98%), Sodium: 499.76mg (21.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.05%), Vitamin C: 26.48mg (32.1%), Vitamin B6: 0.35mg (17.48%), Vitamin B3: 3.48mg (17.38%), Vitamin B1: 0.24mg (15.82%), Phosphorus: 152.19mg (15.22%), Selenium: 9.9µg (14.14%), Fiber: 3.13g (12.53%), Potassium: 414.27mg (11.84%), Folate: 40.76µg (10.19%), Manganese: 0.19mg (9.6%), Magnesium: 37.96mg (9.49%), Zinc: 1.22mg (8.14%), Vitamin B2: 0.13mg (7.42%), Vitamin B5: 0.55mg (5.55%), Iron: 0.91mg (5.05%), Copper: 0.09mg (4.27%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 108.69IU (2.17%), Vitamin E: 0.29mg (1.9%), Vitamin K: 1.81µg (1.72%), Vitamin D: 0.18µg (1.21%), Calcium: 10.93mg (1.09%)