



Skillet-Fried Corn and Tomatoes



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



220 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 2 tablespoons chives thinly sliced
- ☐ 6 cups corn kernels
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 6 servings sea salt
- ☐ 0.5 serrano chile minced
- ☐ 2 cups tomato purée fresh

☐ 2 tablespoons butter unsalted

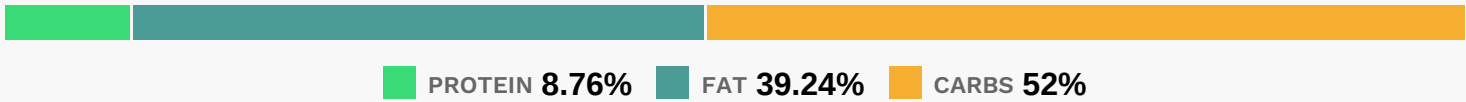
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large skillet over high heat.
- ☐ Add the olive oil, then the garlic.
- ☐ Saute until the garlic is lightly browned.
- ☐ Add the chiles and saute briefly to release their character.
- ☐ Add the corn and cook briskly, stirring often, until partially cooked, about 3 minutes.
- ☐ Add the tomato puree and simmer, stirring, until the corn is just tender, about 2 minutes.
- ☐ Remove from the heat, whisk in the butter, and stir in the chives. Season with salt and pepper.
- ☐ Transfer to a serving bowl and serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:10.537826116966%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 219.98kcal (11%), Fat: 10.65g (16.39%), Saturated Fat: 3.47g (21.7%), Carbohydrates: 31.77g (10.59%), Net Carbohydrates: 26.74g (9.72%), Sugar: 11.55g (12.83%), Cholesterol: 10.03mg (3.34%), Sodium: 555.32mg (24.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.7%), Fiber: 5.03g (20.12%), Manganese: 0.37mg

(18.47%), Folate: 71.64µg (17.91%), Vitamin E: 2.66mg (17.7%), Potassium: 610.9mg (17.45%), Vitamin C: 13mg (15.76%), Copper: 0.31mg (15.61%), Vitamin B3: 2.94mg (14.72%), Vitamin A: 684.67IU (13.69%), Vitamin B2: 0.22mg (12.96%), Iron: 2.07mg (11.52%), Phosphorus: 113.96mg (11.4%), Magnesium: 42.46mg (10.61%), Vitamin B5: 0.98mg (9.83%), Vitamin B6: 0.19mg (9.37%), Vitamin K: 8.48µg (8.07%), Zinc: 0.86mg (5.76%), Vitamin B1: 0.09mg (5.73%), Selenium: 1.8µg (2.57%), Calcium: 25.15mg (2.52%)