



Skillet Poblano Corn

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



93 kcal

SIDE DISH

Ingredients

- 3 cups whole-kernel corn frozen divided thawed
- 1 teaspoon ground cumin divided
- 4 teaspoons butter light divided
- 1 cup poblano chile peppers divided seeded chopped (2 peppers)
- 0.5 teaspoon salt

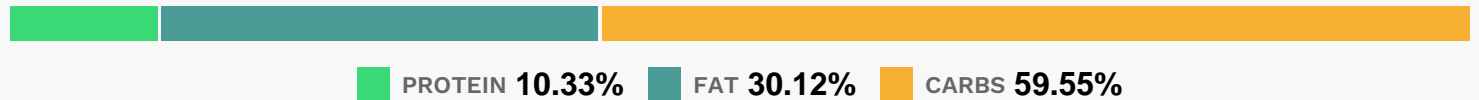
Equipment

- bowl
- frying pan

Directions

- Coat a large nonstick skillet with cooking spray; add 2 teaspoons light butter, and melt over medium-high heat.
- Add 1/2 cup chopped chiles, and cook, stirring constantly, 3 minutes or until tender.
- Add 1 1/2 cups corn and 1/2 teaspoon cumin; cook 2 minutes, stirring constantly.
- Transfer corn mixture to a large serving bowl; cover and keep warm.
- Repeat procedure with remaining ingredients.
- Add to reserved corn mixture. Toss with salt.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:5.1734782418479%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 93.06kcal (4.65%), Fat: 3.51g (5.4%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 15.63g (5.21%), Net Carbohydrates: 13.11g (4.77%), Sugar: 5.09g (5.66%), Cholesterol: 4.18mg (1.39%), Sodium: 437.25mg (19.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin C: 25.56mg (30.99%), Fiber: 2.52g (10.07%), Folate: 39.47µg (9.87%), Manganese: 0.16mg (8.12%), Vitamin B2: 0.1mg (5.88%), Vitamin B3: 1.15mg (5.73%), Potassium: 192.04mg (5.49%), Phosphorus: 54.56mg (5.46%), Vitamin B6: 0.11mg (5.26%), Vitamin A: 226.57IU (4.53%), Magnesium: 17.44mg (4.36%), Vitamin B5: 0.38mg (3.79%), Iron: 0.68mg (3.76%), Vitamin B1: 0.06mg (3.75%), Copper: 0.06mg (2.79%), Zinc: 0.38mg (2.56%), Vitamin K: 2.42µg (2.3%), Vitamin E: 0.27mg (1.83%), Calcium: 11.69mg (1.17%)