



Southwest Corn, Chili, and Cumin Sauté

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



119 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter ()
- 1 teaspoon chipotle sauce canned chopped ()
- 32 ounce corn kernels mixed white yellow frozen thawed drained
- 1.5 tablespoons cumin seeds
- 0.8 cup cilantro leaves fresh chopped
- 1 tablespoon juice of lime fresh
- 2 teaspoons lime zest grated
- 2 teaspoons oregano dried

- 3 medium pepper flakes (9 ounces total)
- 1 large bunch radishes trimmed sliced into rounds
- 1 medium size onion red chopped

Equipment

- bowl
- frying pan
- broiler

Directions

- Char poblano chilies directly over gas flame or in broiler until blackened on all sides. Enclose in paper bag 10 minutes. Peel, seed, and coarsely chop chilies. (Can be prepared 1 day ahead. Cover; chill.)
- Melt butter in large nonstick skillet over medium-high heat.
- Add cumin seeds and stir until fragrant, about 1 minute.
- Add onion and sauté until almost tender, about 6 minutes.
- Add corn, oregano, 1 teaspoon chipotle chilies, and poblano chilies and sauté until corn is heated through, about 5 minutes. Stir in radishes, 1/2 cup cilantro, lime juice, and lime peel. Sauté until radishes are slightly softened but still retain their color, about 2 minutes.
- Add more chipotle chilies by 1/2 teaspoonfuls, depending on spiciness desired. Season generously with salt and pepper.
- Transfer to bowl.
- Sprinkle with remaining 1/4 cup cilantro.
- Garnish with lime wedges, if desired, and serve.
- * Fresh green chilies, often called pasillas; sold at Latin American markets and some supermarkets.
- ** Chipotle chilies canned in a spicy tomato sauce, sometimes called adobo, are available at Latin American markets, specialty foods stores, and some supermarkets.

Nutrition Facts



■ PROTEIN 8.53% ■ FAT 41.15% ■ CARBS 50.32%

Properties

Glycemic Index:22.8, Glycemic Load:0.74, Inflammation Score:-7, Nutrition Score:6.0895652110162%

Flavonoids

Pelargonidin: 3.16mg, Pelargonidin: 3.16mg, Pelargonidin: 3.16mg, Pelargonidin: 3.16mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 118.9kcal (5.94%), Fat: 6.03g (9.28%), Saturated Fat: 3.18g (19.87%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 13.85g (5.04%), Sugar: 5.59g (6.21%), Cholesterol: 12.2mg (4.07%), Sodium: 228.69mg (9.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.63%), Vitamin C: 23.37mg (28.33%), Fiber: 2.74g (10.96%), Folate: 42.15µg (10.54%), Manganese: 0.2mg (10.08%), Vitamin K: 8.66µg (8.25%), Vitamin A: 411.89IU (8.24%), Iron: 1.19mg (6.64%), Vitamin B6: 0.13mg (6.47%), Potassium: 221.84mg (6.34%), Vitamin B2: 0.11mg (6.26%), Phosphorus: 59.03mg (5.9%), Vitamin B3: 1.18mg (5.89%), Magnesium: 21.44mg (5.36%), Vitamin B5: 0.39mg (3.9%), Vitamin B1: 0.06mg (3.79%), Copper: 0.07mg (3.39%), Vitamin E: 0.45mg (2.97%), Zinc: 0.42mg (2.83%), Calcium: 25.67mg (2.57%), Selenium: 0.83µg (1.19%)