

Southwest Skillet Corn

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 0.3 cup cilantro leaves fresh minced
- 16 ounces corn frozen thawed
- 1.5 teaspoons ground cumin
- 1 tablespoon jalapeno seeded finely chopped
- 1 medium bell pepper sweet red chopped

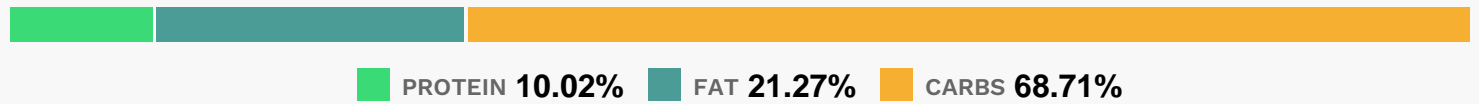
Equipment

- frying pan

Directions

- In a large nonstick skillet, saute red pepper and jalapeno in butter until tender.
- Add cumin; cook for 30 seconds.
- Add corn and cilantro; saute 2 minutes longer or until heated through.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:0.44, Inflammation Score:-8, Nutrition Score:10.614347861189%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 148.17kcal (7.41%), Fat: 4g (6.15%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 25.05g (9.11%), Sugar: 1.43g (1.59%), Cholesterol: 7.53mg (2.51%), Sodium: 31.35mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Vitamin C: 51.11mg (61.95%), Vitamin A: 1163.4IU (23.27%), Fiber: 4.02g (16.08%), Vitamin B6: 0.31mg (15.53%), Folate: 61.06µg (15.27%), Manganese: 0.25mg (12.34%), Potassium: 426.66mg (12.19%), Vitamin B3: 2.3mg (11.48%), Phosphorus: 112.59mg (11.26%), Magnesium: 43.58mg (10.9%), Vitamin B1: 0.14mg (9.34%), Iron: 1.43mg (7.95%), Vitamin B2: 0.13mg (7.85%), Vitamin K: 6.57µg (6.26%), Zinc: 0.92mg (6.13%), Vitamin E: 0.74mg (4.96%), Vitamin B5: 0.45mg (4.5%), Copper: 0.07mg (3.71%), Calcium: 15.78mg (1.58%), Selenium: 1.04µg (1.48%)