



WHATSheATE



Summer Corn Sauté with Tons of Herbs



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



208 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter ()
- ☐ 1 teaspoon coarse kosher salt
- ☐ 1 teaspoon cumin seeds
- ☐ 6 cups corn kernels fresh (cut from 9 large ears)
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 1 cup herbs fresh assorted chopped (such as basil, cilantro, chives, and parsley)
- ☐ 0.3 cup tarragon fresh chopped

☐ 1 large shallots chopped

Equipment

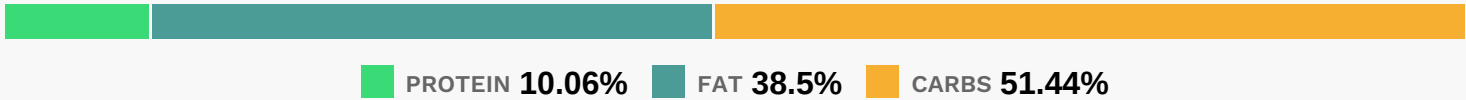
☐ bowl

☐ frying pan

Directions

- ☐ Melt butter in heavy large skillet over medium heat.
- ☐ Add shallot and cumin seeds. Sauté until shallot is golden brown, about 4 minutes.
- ☐ Add corn kernels, 1 teaspoon coarse salt, and 3/4 teaspoon pepper. Sauté until corn is tender, about 5 minutes.
- ☐ Remove from heat and mix in all herbs. Season to taste with salt.
- ☐ Transfer corn to bowl and serve.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:16.082173841155%

Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 208.1kcal (10.41%), Fat: 9.97g (15.34%), Saturated Fat: 5.4g (33.73%), Carbohydrates: 29.97g (9.99%), Net Carbohydrates: 26.31g (9.57%), Sugar: 9.5g (10.56%), Cholesterol: 20.34mg (6.78%), Sodium: 479.37mg (20.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Vitamin K: 165.56µg (157.67%), Vitamin A: 1596.08IU (31.92%), Vitamin C: 26.25mg (31.81%), Manganese: 0.5mg (25.13%), Folate: 86.64µg (21.66%), Magnesium: 69.82mg (17.46%), Vitamin B1: 0.25mg (16.34%), Potassium: 551.08mg (15.75%), Phosphorus: 149.62mg (14.96%), Vitamin B3: 2.95mg (14.74%), Fiber: 3.66g (14.64%), Iron: 2.49mg (13.83%), Vitamin B5: 1.11mg (11.13%), Vitamin B6: 0.22mg (10.78%), Vitamin B2: 0.13mg (7.61%), Zinc: 0.92mg (6.13%), Copper: 0.12mg (6.03%), Calcium:

53.24mg (5.32%), Vitamin E: 0.41mg (2.74%), Selenium: 1.15µg (1.64%)