



Sweet Corn on The Cob Without the Cob



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 3 servings salt and ground pepper black to taste
- ☐ 1 tablespoon butter salted
- ☐ 1 teaspoon sugar white
- ☐ 15.3 ounce kernel corn whole drained canned

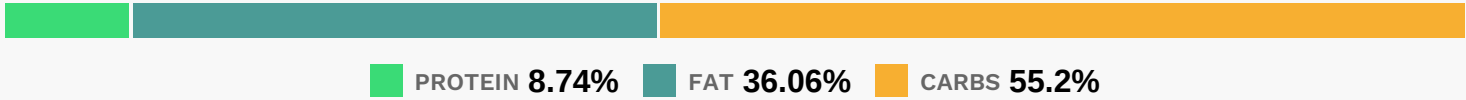
Equipment

- ☐ sauce pan

Directions

☐ Stir corn, butter, and sugar together in a saucepan over low heat; cook and stir until simmering, about 5 minutes. Season with salt and black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:50.7, Glycemic Load:0.94, Inflammation Score:-2, Nutrition Score:2.2956521538613%

Nutrients (% of daily need)

Calories: 145.49kcal (7.27%), Fat: 5.85g (9%), Saturated Fat: 2.72g (16.97%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 20.13g (7.32%), Sugar: 1.33g (1.48%), Cholesterol: 10.03mg (3.34%), Sodium: 264.94mg (11.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Folate: 41.95µg (10.49%), Phosphorus: 60.36mg (6.04%), Vitamin B3: 1.13mg (5.64%), Potassium: 169.64mg (4.85%), Manganese: 0.09mg (4.68%), Magnesium: 16.12mg (4.03%), Vitamin C: 2.45mg (2.97%), Zinc: 0.41mg (2.73%), Vitamin A: 117.17IU (2.34%), Copper: 0.05mg (2.3%), Iron: 0.33mg (1.82%), Vitamin B1: 0.02mg (1.46%), Vitamin B2: 0.02mg (1.39%)