



Tarragon Corn



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



312 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 Tbsp butter
- ☐ 0.5 cup shallots chopped (can sub onions)
- ☐ 3 cups regular corn (from 4 ears of corn)
- ☐ 1 Tbsp an anise liqueur such as ouzo
- ☐ 0.5 teaspoon salt if using butter unsalted to taste
- ☐ 1 Tbsp tarragon fresh packed minced
- ☐ 1 Dash pepper white black (or pepper if is unavailable)

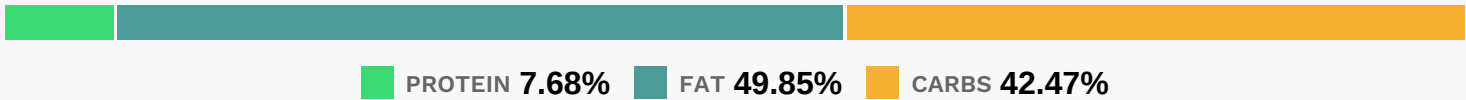
Equipment

☐ sauce pan

Directions

- ☐ Cook the shallots in butter: Melt the butter in a medium sized saucepan on medium heat.
- ☐ Add the shallots and cook until translucent, about 3 minutes.
- ☐ Add the corn, salt, and anise liqueur if using (if not using, add 1 Tbsp water). Bring to a simmer, cover, reduce the heat to low, and cook for 15–20 minutes, until the corn is tender.
- ☐ Remove from heat, stir in the tarragon.
- ☐ Add pepper and more salt to taste.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:2.09, Inflammation Score:-7, Nutrition Score:10.687391255861%

Nutrients (% of daily need)

Calories: 312.07kcal (15.6%), Fat: 18.15g (27.92%), Saturated Fat: 10.67g (66.69%), Carbohydrates: 34.78g (11.59%), Net Carbohydrates: 30.42g (11.06%), Sugar: 12.19g (13.55%), Cholesterol: 42.5mg (14.17%), Sodium: 149.37mg (6.49%), Alcohol: 1.67g (100%), Alcohol %: 1% (100%), Protein: 6.29g (12.59%), Manganese: 0.49mg (24.71%), Folate: 79.32µg (19.83%), Fiber: 4.37g (17.47%), Magnesium: 68.18mg (17.04%), Vitamin B1: 0.25mg (16.92%), Vitamin C: 13.88mg (16.83%), Vitamin A: 833.9IU (16.68%), Potassium: 576.61mg (16.47%), Phosphorus: 163.25mg (16.32%), Vitamin B6: 0.31mg (15.52%), Vitamin B3: 2.8mg (13.99%), Vitamin B5: 1.18mg (11.76%), Iron: 1.8mg (9.99%), Vitamin B2: 0.12mg (6.85%), Copper: 0.13mg (6.4%), Zinc: 0.91mg (6.07%), Calcium: 41.34mg (4.13%), Vitamin E: 0.58mg (3.84%), Selenium: 1.62µg (2.32%), Vitamin K: 2.13µg (2.03%)