

Sauteed Corn

2 cans (11 ounces each) corn kernels, well drained
1/2 cup chopped onion
1/3 cup chopped poblano pepper
2 tablespoons olive oil

Chop onion and poblano pepper. Heat a large, non-stick skillet over Medium heat. Add olive oil and heat. Add corn, onion and pepper to skillet. Saute 8 to 10 minutes until corn begins to brown.

Servings: 4

Preparation time: 5 minutes

Cooking time: 10 minutes

Ready in: 15 minutes

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	158.55
Calories From Fat (43%)	68.83
% Daily Value	
Total Fat 7.85g	12%
Saturated Fat 1.08g	5%
Cholesterol 0.00mg	0%
Sodium 227.45mg	9%
Potassium 277.30mg	8%
Carbohydrates 22.82g	8%
Dietary Fiber 2.58g	10%
Sugar 5.19g	
Sugar Alcohols 0.00g	
Net Carbohydrates 20.24g	
Protein 3.20g	6%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
2 cans (11 ounces each) corn kernels, well drained	2 x 1 can (12 oz) yields of Corn, sweet, yellow, canned, whole kernel, drained solids
1/2 cup chopped onion	0.50 x 1 cup, chopped of Onions, raw
1/3 cup chopped poblano pepper	0.67 x 1/2 cup chopped or diced of Peppers, hot chili, green, raw
2 tablespoons olive oil	2 x 1 tablespoon of Oil, olive, salad or cooking

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