



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Spicy Buttered Corn ♦♦

Spicy Buttered Corn is a delicious side dish made with sweet corn kernels sautéed in spicy butter. It is a popular dish in many cuisines and is often served with grilled meats or as a snack. The corn is cooked until tender and then tossed in a mixture of melted butter, chili powder, and cayenne pepper for a spicy kick. It is a simple and flavorful recipe that can be enjoyed by everyone.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	sweet corn kernels
50 g	butter
1 tsp	chili powder
0.5 tsp	cayenne pepper

0.5 tsp salt

Directions

Step 1

Stove

Heat butter in a pan over medium heat until melted.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

Add chili powder, cayenne pepper, and salt to the melted butter. Stir well to combine.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Stove

Add sweet corn kernels to the pan. Cook for 10-12 minutes, stirring occasionally, until the corn is tender.

Prep Time: 5 mins

Cook Time: 12 mins

Step 4

Remove from heat and serve hot.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 8 g

Protein: 4 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	8 g	28.57%	32%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Spring Summer

Events

Barbecue

Cuisines

Italian

Meal Type

Breakfast Brunch Lunch Snack Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Slow Cooker

Difficulty Level

Medium

Visit our website: healthdor.com