



Healthdor

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Fried Corn and Onions ^{♦♦}

Fried corn and onions is a delicious and easy-to-make side dish that pairs well with a variety of main courses. The dish consists of fresh corn kernels sautéed with onions and seasoned with herbs and spices. It is a versatile recipe that can be customized to suit individual preferences. Fried corn and onions can be enjoyed as a side dish for barbecue, grilled meats, or as a standalone vegetarian dish.

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

400 g	fresh corn kernels
100 g	onion
20 g	olive oil
5 g	salt

2 g	black pepper
2 g	garlic powder
1 g	dried thyme

Directions

Step 1

Stove

Heat olive oil in a pan over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

Add onions to the pan and sauté until translucent.

Prep Time: 3 mins

Cook Time: 5 mins

Step 3

Stove

Add corn kernels, salt, black pepper, garlic powder, and dried thyme to the pan.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Stove

Cook for another 5 minutes, stirring occasionally, until the corn is cooked and slightly caramelized.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Remove from heat and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 3 g

Protein: 3 g

Carbohydrates: 23 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	23 g	41.82%	46%
Fibers	3 g	7.89%	12%
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	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	180 mg	5.29%	6.92%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Events

Picnic

Course

Drinks

Salads

Snacks

Sauces & Dressings

Meal Type

Breakfast

Lunch

Snack

Supper

Brunch

Dinner

Difficulty Level

Medium

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