

Calabacitas

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



161 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 1 cup corn kernels
- 2 cloves garlic minced
- 0.5 bell pepper diced green
- 0.1 teaspoon ground pepper black
- 0.3 cup half and half
- 0.5 cup monterrey jack cheese shredded
- 2 tablespoons olive oil

- 0.3 teaspoon salt
- 1 small onion diced sweet
- 2 zucchini quartered

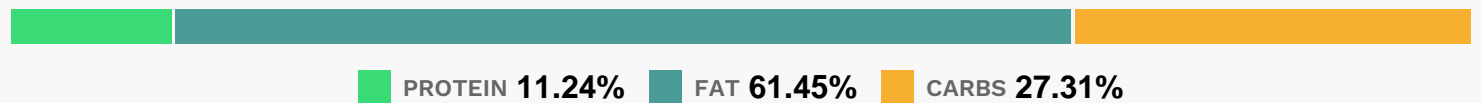
Equipment

- frying pan

Directions

- Heat the oil and butter in a large skillet over medium heat.
- Add the garlic, bell pepper, onion, and zucchini, and cook until the zucchini begins to soften, about 5 minutes. Stir in the salt, pepper, half and half, and corn. Cover, reduce heat to low, and simmer 5 minutes.
- Remove from heat and sprinkle Monterey Jack cheese over top. Replace the cover on the skillet and allow to sit until the cheese melts, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:0.35, Inflammation Score:-6, Nutrition Score:7.2856521761936%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

Nutrients (% of daily need)

Calories: 161.37kcal (8.07%), Fat: 11.57g (17.8%), Saturated Fat: 4.72g (29.48%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 9.67g (3.52%), Sugar: 6.47g (7.19%), Cholesterol: 18.1mg (6.03%), Sodium: 242.84mg (10.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.52%), Vitamin C: 23.19mg (28.1%), Vitamin B6: 0.24mg (11.86%), Manganese: 0.22mg (11.21%), Phosphorus: 111.02mg (11.1%), Calcium: 110.59mg (11.06%), Folate: 41.68µg (10.42%), Vitamin B2: 0.16mg (9.67%), Potassium: 320.17mg (9.15%), Fiber: 1.9g (7.59%), Vitamin A: 358.85IU (7.18%), Vitamin K: 7.18µg (6.83%), Magnesium: 25.53mg (6.38%), Vitamin E: 0.94mg (6.24%), Vitamin B1: 0.08mg (5.03%),

Zinc: 0.73mg (4.87%), Copper: 0.09mg (4.45%), Vitamin B5: 0.36mg (3.62%), Selenium: 2.53µg (3.62%), Vitamin B3: 0.72mg (3.6%), Iron: 0.62mg (3.42%), Vitamin B12: 0.11µg (1.79%)