



Calabacitas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



94 kcal

SIDE DISH

Ingredients

- 4 ounce chiles green undrained chopped canned
- 2 tablespoons canola oil divided
- 0.5 cup cilantro leaves fresh chopped
- 1 cup corn kernels fresh (2 medium ears)
- 2 large garlic cloves minced
- 0.5 cup green onion tops sliced
- 8 lime wedges
- 2 poblano chiles seeded cut into 3/4-inch pieces

- 1 onion red cut into 1/2-inch wedges
- 0.8 teaspoon salt
- 0.5 cup tomato sauce unsalted
- 1.3 pounds baby squash yellow halved lengthwise thinly sliced (3 medium)
- 1 pound zucchini halved lengthwise thinly sliced (2 medium)

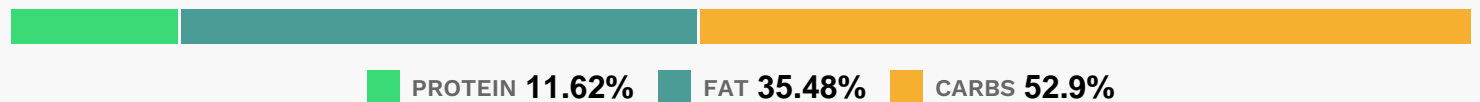
Equipment

- frying pan

Directions

- Heat a large nonstick skillet over medium-high heat.
- Add 1 tablespoon oil to pan; swirl to coat.
- Add poblano chiles and onion. Cook 5 minutes or until edges of vegetables are browned, stirring occasionally; add garlic last 1 minute of cook time.
- Remove vegetables from pan; keep warm.
- Heat 1 tablespoon oil in pan.
- Add yellow squash and zucchini; cook 9 minutes or until edges are browned, stirring occasionally.
- Stir in onion mixture, corn, and next 3 ingredients (through green chiles). Cook 3 minutes or until thoroughly heated, stirring frequently to deglaze pan.
- Remove from heat; stir in green onions.
- Sprinkle with cilantro, and serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:1.93, Inflammation Score:-7, Nutrition Score:12.096087015193%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 94.36kcal (4.72%), Fat: 4.26g (6.55%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 10.66g (3.88%), Sugar: 6.42g (7.13%), Cholesterol: 0mg (0%), Sodium: 358.93mg (15.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Vitamin C: 61.2mg (74.19%), Vitamin K: 25.96µg (24.72%), Vitamin B6: 0.4mg (20.06%), Manganese: 0.35mg (17.66%), Potassium: 560.12mg (16%), Folate: 62.48µg (15.62%), Fiber: 3.63g (14.52%), Vitamin A: 622.41IU (12.45%), Vitamin B2: 0.2mg (11.84%), Magnesium: 38.96mg (9.74%), Phosphorus: 87.42mg (8.74%), Vitamin B1: 0.13mg (8.47%), Vitamin E: 1.21mg (8.07%), Vitamin B3: 1.41mg (7.03%), Copper: 0.14mg (7.01%), Iron: 1.25mg (6.95%), Vitamin B5: 0.51mg (5.15%), Calcium: 46.05mg (4.61%), Zinc: 0.64mg (4.25%), Selenium: 0.79µg (1.13%)