



Calabacitas con Elote (Mexican-Style Zucchini with Corn)

 **Gluten Free**

READY IN



40 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

Ingredients

- 2 cups buttermilk
- 0.3 cup chihuahua cheese grated to taste
- 8 ears corn
- 3 cloves garlic minced
- 8 servings salt and ground pepper black to taste
- 1 tablespoon olive oil
- 1 small onion chopped

4 zucchinis chopped

Equipment

frying pan

Directions

- Heat olive oil in a large skillet over medium-high heat. Cook and stir onion and garlic in hot oil until fragrant, about 5 minutes.
- Stir zucchini and corn into the onion mixture. Cover the skillet and continue cooking until the zucchini is tender, about 10 minutes more.
- Pour buttermilk into the skillet. Season the corn mixture with salt and pepper; stir. Bring the mixture to a boil, reduce heat to low, and continue cooking until hot, about 5 minutes more.
- Sprinkle with Chihuahua cheese.

Nutrition Facts

PROTEIN 15.41% **FAT 31.86%** **CARBS 52.73%**

Properties

Glycemic Index:20.25, Glycemic Load:1.54, Inflammation Score:-6, Nutrition Score:11.303043448407%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 166.56kcal (8.33%), Fat: 6.48g (9.97%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 24.15g (8.05%), Net Carbohydrates: 21.17g (7.7%), Sugar: 11.41g (12.67%), Cholesterol: 10.13mg (3.38%), Sodium: 108.03mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.11%), Vitamin C: 24.66mg (29.89%), Phosphorus: 188.93mg (18.89%), Manganese: 0.37mg (18.29%), Potassium: 601.13mg (17.18%), Folate: 66.77µg (16.69%), Vitamin B2: 0.26mg (15.54%), Magnesium: 59.22mg (14.81%), Vitamin B1: 0.22mg (14.61%), Vitamin B6: 0.29mg (14.61%), Fiber: 2.98g (11.91%), Calcium: 115.96mg (11.6%), Vitamin B5: 1.11mg (11.07%), Vitamin B3: 2.11mg (10.55%), Vitamin A: 499.51IU (9.99%), Zinc: 1.11mg (7.43%), Copper: 0.12mg (6.24%), Selenium: 4.16µg (5.95%), Vitamin K: 6.02µg (5.73%), Vitamin D: 0.8µg (5.34%), Vitamin B12: 0.31µg (5.22%), Iron: 0.91mg (5.06%), Vitamin E: 0.5mg (3.37%)