



Calabacitas con Elote (Zucchini with Corn)

 Vegetarian  Gluten Free

READY IN

ready

50 min.

SERVINGS

servings

6

CALORIES

calories

114 kcal

SIDE DISH

Ingredients

- ☐ 1 poblano chile pepper fresh deveined seeded chopped
- ☐ 0.3 cup cotija cheese crumbled
- ☐ 2.5 cups corn kernels fresh
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped
- ☐ 3 roma tomatoes chopped (plum)
- ☐ 6 servings salt and pepper black to taste

☐ 1 pound zucchini sliced

Equipment

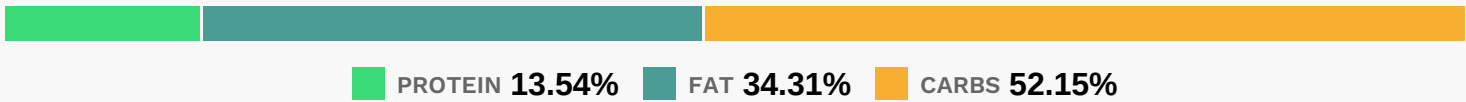
☐ frying pan

☐ sauce pan

Directions

- ☐ Place the corn in a saucepan with enough water to cover; bring to a boil.
- ☐ Place a cover on the saucepan, reduce heat to medium, and cook until tender, about 10 minutes.
- ☐ Drain.
- ☐ Heat the olive oil in a large skillet over medium-high heat; cook and stir the onion and garlic in the hot oil until fragrant, about 5 minutes.
- ☐ Mix the zucchini and tomato into the onion and garlic; cook together 5 minutes. Stir the corn kernels into the mixture; add the poblano pepper. Season with salt and pepper; stir. Cover the skillet with a lid and cook until the zucchini is tender, about 10 minutes.
- ☐ Sprinkle with the cotija cheese to serve.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:1.05, Inflammation Score:-6, Nutrition Score:9.360869653199%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 113.99kcal (5.7%), Fat: 4.84g (7.44%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 13.97g (5.08%), Sugar: 7.17g (7.97%), Cholesterol: 5.56mg (1.85%), Sodium: 282.77mg (12.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.59%), Vitamin C: 33.31mg (40.38%), Manganese: 0.3mg

(15.04%), Vitamin B6: 0.28mg (14.14%), Potassium: 473.73mg (13.54%), Folate: 53.18µg (13.29%), Vitamin A: 620.36IU (12.41%), Phosphorus: 116.92mg (11.69%), Magnesium: 43.08mg (10.77%), Vitamin B1: 0.16mg (10.55%), Fiber: 2.57g (10.29%), Vitamin B2: 0.17mg (10.1%), Vitamin B3: 1.76mg (8.8%), Vitamin K: 8.48µg (8.08%), Vitamin B5: 0.7mg (7.02%), Copper: 0.11mg (5.35%), Zinc: 0.79mg (5.26%), Calcium: 50.85mg (5.08%), Vitamin E: 0.7mg (4.67%), Iron: 0.83mg (4.63%), Selenium: 1.59µg (2.28%), Vitamin B12: 0.11µg (1.76%)