



Charred Summer Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 teaspoons olive oil extravirgin
- ☐ 2.5 cups corn kernels fresh (5 ears)
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 8 ounces green beans chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup bell pepper red chopped

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots finely chopped
- ☐ 4 ounces zucchini chopped

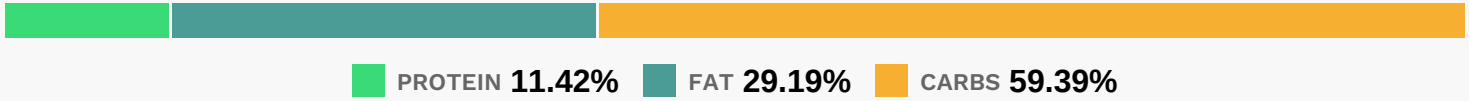
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a 12-inch cast-iron skillet over high heat. Coat pan with cooking spray.
- ☐ Add corn kernels, chopped green beans, chopped zucchini, and chopped bell pepper to pan; stir to combine. Cover and cook 5 minutes.
- ☐ Combine shallots and remaining ingredients in a bowl, stirring well.
- ☐ Add shallot mixture to corn mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:1.28, Inflammation Score:-8, Nutrition Score:10.761304337045%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 101.04kcal (5.05%), Fat: 3.73g (5.73%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 17.06g (5.69%), Net Carbohydrates: 13.93g (5.07%), Sugar: 6.92g (7.69%), Cholesterol: 0mg (0%), Sodium: 208.53mg (9.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin C: 47.24mg (57.27%), Vitamin K: 31.17µg (29.68%), Vitamin A: 1254.09IU (25.08%), Folate: 57.04µg (14.26%), Manganese: 0.27mg (13.34%), Fiber: 3.13g (12.51%),

Vitamin B6: 0.23mg (11.39%), Potassium: 366.77mg (10.48%), Vitamin B1: 0.15mg (10.03%), Magnesium: 39.93mg (9.98%), Vitamin B3: 1.7mg (8.5%), Phosphorus: 84.87mg (8.49%), Vitamin E: 1.01mg (6.74%), Vitamin B2: 0.11mg (6.73%), Vitamin B5: 0.66mg (6.56%), Iron: 1.02mg (5.66%), Copper: 0.08mg (3.99%), Zinc: 0.52mg (3.46%), Calcium: 23.6mg (2.36%)