



Chipotle Pan-Roasted Zucchini

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 chipotle pepper in adobo sauce canned finely chopped
- 0.5 cup knudsen cream sour
- 2 Tbsp cilantro leaves fresh chopped
- 1 cup regular corn frozen
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 0.5 cup onions chopped
- 2 Tbsp parmesan cheese grated kraft
- 5 cups zucchini chopped

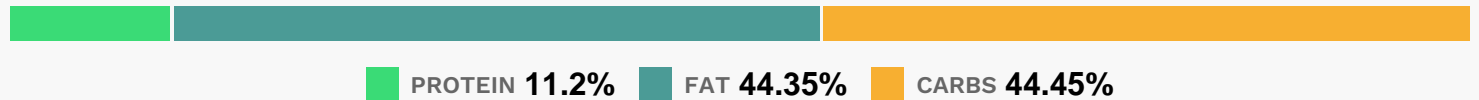
Equipment

frying pan

Directions

- Heat dressing in large skillet on medium-high heat.
- Add onions; cook and stir 2 min. or until crisp-tender.
- Add zucchini, corn and peppers; cook 3 min., stirring occasionally.
- Cover; cook on low heat 7 min. or until zucchini is tender.
- Remove from heat.
- Add sour cream and cheese; mix well.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:2.96, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.6817391415167%

Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 25.99kcal (1.3%), Fat: 1.39g (2.13%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.58g (0.94%), Sugar: 1.08g (1.2%), Cholesterol: 3.06mg (1.02%), Sodium: 22.57mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin C: 5.21mg (6.31%), Manganese: 0.06mg (2.99%), Vitamin B6: 0.06mg (2.95%), Potassium: 96.44mg (2.76%), Folate: 9.52µg (2.38%), Vitamin B2: 0.04mg (2.3%), Phosphorus: 22.32mg (2.23%), Fiber: 0.55g (2.19%), Magnesium: 7.56mg (1.89%), Vitamin K: 1.91µg (1.82%), Vitamin A: 84.66IU (1.69%), Vitamin B1: 0.02mg (1.38%), Calcium: 13.32mg (1.33%), Vitamin B3: 0.23mg (1.16%), Zinc: 0.16mg (1.1%)