



Corn- and Pepper-Stuffed Zucchini



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 small zucchini (6 inches long)
- ☐ 1 tablespoon water
- ☐ 0.8 cup ears corn fresh whole frozen cooled thawed cooked ()
- ☐ 2 tablespoons bell pepper diced red
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 2 teaspoons canola oil
- ☐ 0.1 teaspoon salt

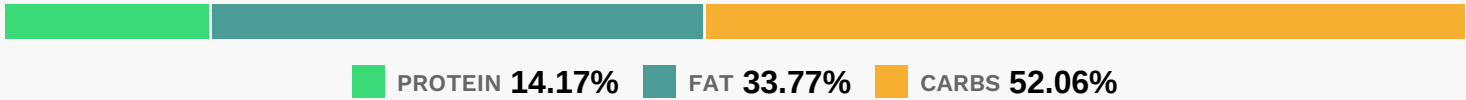
Equipment

- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Cut zucchini lengthwise in half; place zucchini and water in rectangular microwavable dish, 11x7x1 1/2 inches. Cover with plastic wrap, folding back one edge or corner 1/4 inch to vent steam.
- ☐ Microwave on High 3 to 5 minutes or until zucchini is crisp-tender. When cool enough to handle, scoop centers from zucchini, leaving 1/4-inch shells. Discard centers.
- ☐ Mix remaining ingredients. Spoon about 2 tablespoons corn mixture into each zucchini shell.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:9.0191303284272%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 65.62kcal (3.28%), Fat: 2.81g (4.32%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 9.73g (3.24%), Net Carbohydrates: 7.46g (2.71%), Sugar: 4.93g (5.48%), Cholesterol: 0mg (0%), Sodium: 87.8mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin C: 29.49mg (35.75%), Vitamin K: 30.16µg (28.73%), Manganese: 0.36mg (18.07%), Vitamin B6: 0.25mg (12.32%), Potassium: 425.79mg (12.17%), Folate: 46.9µg (11.72%), Magnesium: 39.61mg (9.9%), Vitamin A: 469.78IU (9.4%), Fiber: 2.28g (9.11%), Iron: 1.54mg (8.56%), Vitamin B2: 0.14mg (8.48%), Phosphorus: 74.1mg (7.41%), Vitamin B1: 0.1mg (6.68%), Vitamin B3: 1.12mg (5.62%), Copper: 0.1mg (5.11%), Vitamin E: 0.71mg (4.72%), Vitamin B5: 0.46mg (4.61%), Calcium: 44.47mg (4.45%), Zinc: 0.6mg (3.98%)