

Corn- and Pepper-Stuffed Zucchini

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

Equipment

plastic wrap

microwave

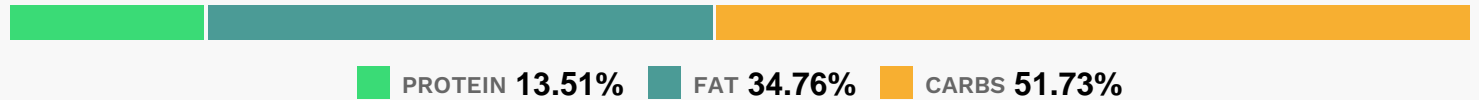
Directions

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:-5, Nutrition Score:7.3778261153594%

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: 63.29kcal (3.16%), Fat: 2.76g (4.25%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 9.25g (3.08%), Net Carbohydrates: 7.36g (2.67%), Sugar: 4.92g (5.46%), Cholesterol: 0mg (0%), Sodium: 87.04mg (3.78%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Vitamin C: 29.49mg (35.74%), Manganese: 0.26mg (13.17%), Vitamin K: 13.02µg (12.4%), Vitamin B6: 0.23mg (11.65%), Potassium: 399.49mg (11.41%), Folate: 43.8µg (10.95%), Vitamin A: 462.34IU (9.25%), Magnesium: 32.5mg (8.12%), Vitamin B2: 0.13mg (7.78%), Fiber: 1.9g (7.6%), Phosphorus: 71.36mg (7.14%), Vitamin B1: 0.1mg (6.63%), Vitamin B3: 1.07mg (5.37%), Vitamin B5: 0.45mg (4.53%), Copper: 0.08mg (4.06%), Vitamin E: 0.6mg (4%), Iron: 0.64mg (3.57%), Zinc: 0.53mg (3.51%), Calcium: 22.07mg (2.21%)