



WHATSheATE



Corn and Summer Vegetable Sauté



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

Ingredients



0.1 teaspoon pepper black freshly ground



15 ounce black beans rinsed drained canned



1 tablespoon canola oil



0.3 cup cilantro leaves fresh minced



1 cup corn kernels fresh (2 ears)



1 garlic clove minced



0.5 cup green onions chopped (4)



1 jalapeno seeded finely chopped

- ☐ 4 ounces okra fresh sliced
- ☐ 1 cup bell pepper red chopped (1)
- ☐ 0.1 teaspoon salt

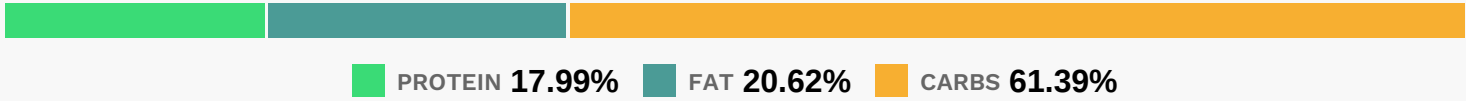
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onions and garlic; saut 1 minute.
- ☐ Add okra; saut 3 minutes. Reduce heat to medium.
- ☐ Add bell pepper and jalapeo; cook 5 minutes.
- ☐ Add corn; cook 5 minutes. Stir in beans; cook 2 minutes. Stir in cilantro; sprinkle with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.78, Inflammation Score:-8, Nutrition Score:12.638260851736%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 123kcal (6.15%), Fat: 3.01g (4.63%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 13.32g (4.84%), Sugar: 3.14g (3.49%), Cholesterol: 0mg (0%), Sodium: 328.45mg (14.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.81%), Vitamin C: 44.42mg (53.84%), Vitamin K: 29.38µg (27.98%), Fiber: 6.83g (27.31%), Vitamin A: 1129.37IU (22.59%), Manganese: 0.41mg (20.72%), Folate: 82.68µg (20.67%), Vitamin B1: 0.19mg (13%), Magnesium: 49.95mg (12.49%), Potassium: 428.44mg (12.24%), Phosphorus: 120.99mg (12.1%), Iron: 1.85mg (10.3%), Vitamin B6: 0.2mg (9.84%), Copper: 0.19mg (9.3%), Vitamin B2: 0.14mg (8.3%), Vitamin B3: 1.39mg (6.93%), Vitamin E: 1.02mg (6.81%), Calcium: 50.52mg (5.05%), Zinc: 0.71mg (4.75%), Vitamin B5:

0.45mg (4.51%), Selenium: 1.36µg (1.95%)