



Corn and Zucchini Raita



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon cumin seed
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 2 cups corn kernels fresh frozen canned
- ☐ 0.3 teaspoon mustard seed
- ☐ 1 cup nonfat yogurt plain
- ☐ 0.3 cup bell pepper red chopped
- ☐ 1 teaspoon salad oil
- ☐ 6 servings salt

- ☐ 2 serrano chilies fresh
- ☐ 2 zucchini ends trimmed cut into 1/2-inch cubes ()

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Steam fresh corn and zucchini on a perforated rack over boiling water just until zucchini is tender when pierced, about 3 minutes.
- ☐ Let stand until cool.
- ☐ Slit serrano chilies lengthwise into quarters, from tip to stem, leaving chili pieces attached at stem.
- ☐ Pour oil into a 6- to 8-inch frying pan over medium-high heat.
- ☐ Add cumin seed and mustard seed. When seeds pop, in about 30 seconds, add chilies and stir 1 minute.
- ☐ Remove from heat. Cool.
- ☐ In a bowl, mix corn, zucchini, yogurt, and sour cream. Season to taste with salt, then scrape yogurt raita into a salad bowl.
- ☐ Spoon oil with seeds and chilies onto raita.
- ☐ Garnish with bell pepper and cilantro.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:7.968695640564%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 84.65kcal (4.23%), Fat: 1.69g (2.61%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 12.94g (4.7%), Sugar: 8.14g (9.05%), Cholesterol: 0.82mg (0.27%), Sodium: 238.34mg (10.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.71%), Vitamin C: 24.23mg (29.37%), Phosphorus: 135.85mg (13.58%), Potassium: 427.14mg (12.2%), Vitamin B2: 0.19mg (11.24%), Folate: 44.45µg (11.11%), Manganese: 0.21mg (10.69%), Vitamin B6: 0.2mg (10.11%), Magnesium: 39.38mg (9.84%), Calcium: 94.61mg (9.46%), Vitamin A: 442.63IU (8.85%), Vitamin B1: 0.13mg (8.66%), Vitamin B5: 0.77mg (7.67%), Fiber: 1.85g (7.4%), Vitamin B3: 1.3mg (6.51%), Zinc: 0.86mg (5.74%), Vitamin B12: 0.25µg (4.15%), Vitamin K: 4.27µg (4.07%), Copper: 0.07mg (3.62%), Iron: 0.64mg (3.57%), Selenium: 2.17µg (3.1%), Vitamin E: 0.35mg (2.34%)