



Corn and Zucchini Sauté



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



105 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 cups regular corn (from 4 ears)
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon garlic finely chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup scallions chopped

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2 medium zucchini quartered (1 lb total)

Equipment

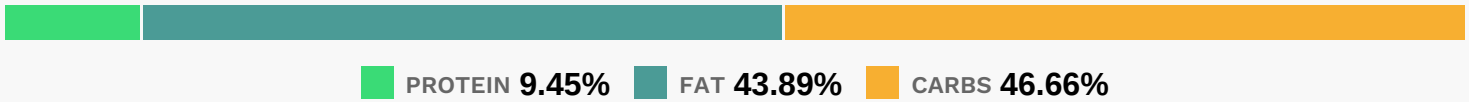
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frying pan

Directions

- ☐
- Heat oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook scallions, stirring occasionally, until softened, about 3 minutes.
- ☐
- Add garlic and cook, stirring, 1 minute.
- ☐
- Add corn, zucchini, cumin, salt, and pepper and cook, stirring occasionally, until zucchini is tender, 4 to 6 minutes. Stir in cilantro and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:33.58, Glycemic Load:5.66, Inflammation Score:-5, Nutrition Score:6.8991304467554%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 105.4kcal (5.27%), Fat: 5.69g (8.75%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 11.44g (4.16%), Sugar: 4.17g (4.64%), Cholesterol: 0mg (0%), Sodium: 104.87mg (4.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.51%), Vitamin K: 27.28µg (25.99%), Vitamin C: 16.53mg (20.04%), Manganese: 0.23mg (11.65%), Vitamin B6: 0.19mg (9.43%), Potassium: 315.49mg (9.01%), Vitamin A: 440.04IU (8.8%), Fiber: 2.16g (8.66%), Folate: 33.67µg (8.42%), Phosphorus: 68.94mg (6.89%), Magnesium: 27.56mg (6.89%), Vitamin B3: 1.22mg (6.12%), Vitamin B2: 0.1mg (5.89%), Vitamin E: 0.88mg (5.86%), Vitamin B1: 0.08mg (5.58%), Vitamin B5: 0.56mg (5.56%), Iron: 0.71mg (3.95%), Zinc: 0.57mg (3.83%), Copper: 0.07mg (3.59%), Calcium: 20.41mg (2.04%)