



Corn, Bell Pepper, and Zucchini Sauté



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



63 kcal

SIDE DISH

Ingredients

- 6 servings pepper black freshly ground
- 2 corn syrup white yellow
- 2 tablespoons basil fresh thinly sliced
- 1 medium garlic clove finely chopped
- 6 servings kosher salt
- 1 teaspoon juice of lemon as needed freshly squeezed plus more
- 2 tablespoons olive oil
- 1 medium bell pepper red cored seeded

- 0.5 medium onion yellow
- 2 medium zucchini

Equipment

- frying pan
- paper towels
- knife

Directions

- Heat the oil in a large frying pan over medium heat until shimmering.
- Place a large container on a damp towel. Fold a paper towel into fourths and place it inside the container. Stand 1 ear of corn on the paper towel, using the stem as a handle. Using a paring knife, slice downward, letting the kernels fall into the container. Rotate the cob and continue until all the kernels have been removed; discard the cob. Repeat with the second ear of corn. Set the corn aside and discard the paper towel. Increase the heat to medium high, add the zucchini, season with salt and pepper, and stir to combine. Cook, stirring occasionally, until the zucchini is crisp-tender, about 3 to 4 minutes.
- Add the corn, stir to combine, and cook until just warmed through, about 2 minutes. Turn off the heat and stir in the basil and measured lemon juice. Taste and season with salt, pepper, and additional lemon juice as needed.

Nutrition Facts

  
 **PROTEIN 6.94%**  **FAT 66.49%**  **CARBS 26.57%**

Properties

Glycemic Index:34.33, Glycemic Load:0.71, Inflammation Score:-6, Nutrition Score:6.2639130574206%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.35mg, Quercetin: 2.35mg

2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 62.84kcal (3.14%), Fat: 4.96g (7.63%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 3.18g (1.16%), Sugar: 2.91g (3.23%), Cholesterol: 0mg (0%), Sodium: 200.42mg (8.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.33%), Vitamin C: 38.38mg (46.52%), Vitamin A: 787.65IU (15.75%), Vitamin B6: 0.18mg (9.18%), Vitamin K: 9.57µg (9.11%), Manganese: 0.18mg (8.99%), Vitamin E: 1.07mg (7.16%), Folate: 27.26µg (6.82%), Potassium: 232.84mg (6.65%), Fiber: 1.28g (5.13%), Vitamin B2: 0.08mg (4.84%), Magnesium: 15.94mg (3.98%), Phosphorus: 34.31mg (3.43%), Vitamin B1: 0.05mg (3.08%), Vitamin B3: 0.52mg (2.58%), Copper: 0.05mg (2.37%), Iron: 0.42mg (2.31%), Vitamin B5: 0.22mg (2.17%), Zinc: 0.29mg (1.93%), Calcium: 16.7mg (1.67%)