

Corn Saute



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



53 kcal

SIDE DISH

Ingredients

- ☐ 2 ears corn fresh
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon olive oil
- ☐ 1 bell pepper diced red
- ☐ 0.5 onion yellow chopped
- ☐ 1 zucchini cubed

Equipment

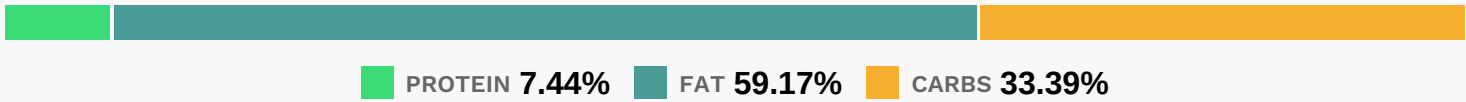
- ☐ frying pan

☐ tongs

Directions

- ☐ Cook the peppers and onions in olive oil in a large saute pan over medium heat until soft.
- ☐ Add the zucchini and season with salt and pepper. Meanwhile, lightly char the corn on a gas burner, using tongs to turn, 2 minutes.
- ☐ Let cool, and then cut the kernels off the cob.
- ☐ Add the corn kernels to the pan and cook the whole mixture 5 more minutes.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.83, Inflammation Score:-7, Nutrition Score:6.6491304597129%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 53.25kcal (2.66%), Fat: 3.77g (5.8%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 3.4g (1.23%), Sugar: 3.06g (3.4%), Cholesterol: 0mg (0%), Sodium: 5.78mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Vitamin C: 47.9mg (58.07%), Vitamin A: 1030.31IU (20.61%), Vitamin B6: 0.18mg (9.21%), Manganese: 0.15mg (7.57%), Folate: 28.27µg (7.07%), Vitamin E: 1.04mg (6.91%), Potassium: 213.57mg (6.1%), Vitamin K: 5.89µg (5.61%), Fiber: 1.39g (5.55%), Vitamin B2: 0.08mg (4.45%), Magnesium: 14.1mg (3.52%), Phosphorus: 30.94mg (3.09%), Vitamin B1: 0.05mg (3%), Vitamin B3: 0.54mg (2.69%), Vitamin B5: 0.21mg (2.14%), Iron: 0.37mg (2.06%), Copper: 0.04mg (1.9%), Zinc: 0.26mg (1.73%), Calcium: 13.58mg (1.36%)