



## Creamy Corn & Zucchini

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 slices oscar mayer bacon crumbled cooked
- 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 0.5 cup knudsen cream sour
- 1 Tbsp cilantro leaves fresh chopped
- 2 cups corn kernels fresh
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 0.5 cup onions chopped
- 1 zucchini chopped

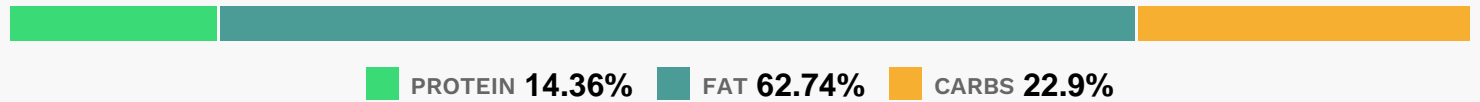
# Equipment

frying pan

# Directions

- Heat dressing in large skillet on medium-high heat.
- Add vegetables; cook and stir 8 to 10 min. or until crisp-tender.
- Remove from heat.
- Stir in cheese and sour cream; cook on medium heat 3 to 5 min. or until cheese is melted and vegetable mixture is heated through, stirring frequently.
- Top with bacon and cilantro.

# Nutrition Facts



# Properties

Glycemic Index:4.04, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.867391290872%

# Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

# Nutrients (% of daily need)

Calories: 53.97kcal (2.7%), Fat: 3.91g (6.02%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 2.85g (1.04%), Sugar: 1.36g (1.51%), Cholesterol: 8.98mg (2.99%), Sodium: 62.64mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.03%), Phosphorus: 42.41mg (4.24%), Calcium: 39.12mg (3.91%), Vitamin C: 2.48mg (3.01%), Selenium: 2.1µg (3.01%), Vitamin B2: 0.04mg (2.61%), Vitamin A: 113.86IU (2.28%), Vitamin B1: 0.03mg (2.18%), Folate: 8.6µg (2.15%), Potassium: 71.98mg (2.06%), Magnesium: 8.08mg (2.02%), Vitamin B6: 0.04mg (2.01%), Zinc: 0.3mg (1.98%), Manganese: 0.04mg (1.93%), Vitamin B3: 0.36mg (1.79%), Vitamin B5: 0.15mg (1.52%), Fiber: 0.37g (1.46%), Vitamin K: 1.27µg (1.21%), Vitamin B12: 0.07µg (1.18%)