



Farmers' Market Corn Toss

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 tsp pepper black
- 2 ears corn on the cob
- 0.3 cup parsley fresh chopped
- 1 Tbsp olive oil
- 0.3 cup parmesan cheese divided grated kraft
- 1 bell pepper red chopped
- 1 small onion sweet chopped
- 1 large zucchini sliced

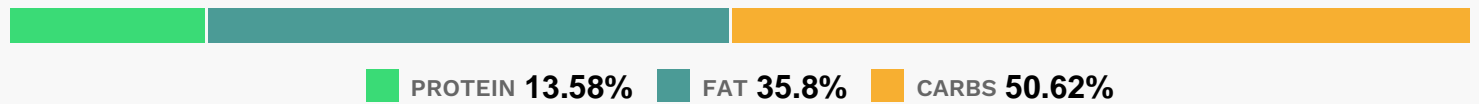
Equipment

frying pan

Directions

- Heat oil in large skillet on medium heat.
- Add onions and red peppers; cook and stir 3 min. Stir in corn and zucchini; cook and stir 5 min. or until all vegetables are crisp-tender.
- Remove from heat.
- Stir in parsley, black pepper and 2 Tbsp. cheese.
- Top with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:4.44, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:2.5208695899371%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 23.29kcal (1.16%), Fat: 1.01g (1.55%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 2.69g (0.98%), Sugar: 1.64g (1.83%), Cholesterol: 0.87mg (0.29%), Sodium: 21.21mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin C: 10.33mg (12.52%), Vitamin K: 11.08µg (10.55%), Vitamin A: 247.78IU (4.96%), Folate: 12.34µg (3.08%), Vitamin B6: 0.06mg (3.01%), Manganese: 0.05mg (2.72%), Potassium: 84.4mg (2.41%), Phosphorus: 22.85mg (2.28%), Fiber: 0.52g (2.07%), Magnesium: 7.44mg (1.86%), Vitamin B1: 0.03mg (1.72%), Vitamin B2: 0.03mg (1.58%), Calcium: 14.95mg (1.5%), Vitamin B3: 0.26mg (1.29%), Vitamin E: 0.19mg (1.26%), Vitamin B5: 0.11mg (1.12%), Iron: 0.19mg (1.04%), Copper: 0.02mg (1.03%), Zinc: 0.15mg (1.02%)