



Farmer's Market Corn Toss

 **Gluten Free**

READY IN



25 min.

SERVINGS



4

CALORIES



155 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup colby-monterey jack cheese shredded divided
- ☐ 0.5 cup meat from a rotisserie chicken cooked chopped
- ☐ 2 ears corn
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion chopped
- ☐ 1 bell pepper red chopped

☐ 1 large zucchini chopped

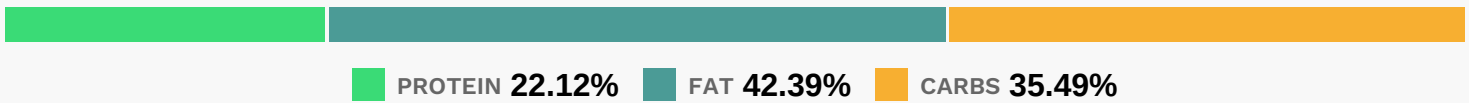
Equipment

☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium heat.
- ☐ Add onion and red pepper; cook and stir until soft, about 3 minutes. Stir corn, zucchini, and chicken into the onion mixture; cook and stir until all vegetables are crisp-tender, about 5 minutes.
- ☐ Remove skillet from heat.
- ☐ Sprinkle parsley and about half the cheese over the vegetable mixture and toss to mix; season with salt and pepper.
- ☐ Transfer the vegetables to a serving dish and top with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:1.05, Inflammation Score:-8, Nutrition Score:15.663043526204%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 155.27kcal (7.76%), Fat: 7.81g (12.01%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 14.7g (4.9%), Net Carbohydrates: 11.93g (4.34%), Sugar: 6.9g (7.66%), Cholesterol: 19.41mg (6.47%), Sodium: 72.79mg (3.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.33%), Vitamin C: 61.88mg (75%), Vitamin K: 69.08µg (65.79%), Vitamin A: 1555.41IU (31.11%), Vitamin B6: 0.36mg (18.1%), Folate: 63.15µg (15.79%), Phosphorus: 150.84mg (15.08%), Manganese: 0.29mg (14.73%), Vitamin B3: 2.91mg (14.54%), Potassium: 488.51mg (13.96%), Fiber: 2.78g (11.12%), Vitamin B2: 0.19mg (11.05%), Magnesium: 44.13mg (11.03%), Vitamin B1: 0.15mg (9.7%), Selenium: 5.89µg

(8.41%), Vitamin B5: 0.8mg (8.05%), Calcium: 80.37mg (8.04%), Vitamin E: 1.15mg (7.69%), Zinc: 1.09mg (7.26%),
Iron: 1.22mg (6.79%), Copper: 0.1mg (4.91%), Vitamin B12: 0.11µg (1.82%)