



Farmers' Market Grilled Succotash

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

Ingredients

- 2 ears corn fresh sweet
- 2 zucchini
- 0.5 onion sweet
- 1 cup pears
- 3 slices bacon
- 1 tablespoon butter
- 2 cloves garlic finely chopped
- 2 teaspoons basil fresh chopped

- 1 teaspoon thyme sprigs fresh chopped
- 1 serving salt and pepper

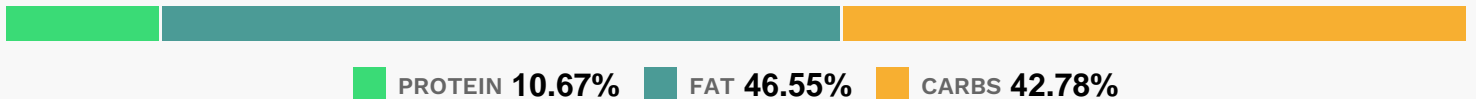
Equipment

- frying pan
- paper towels
- grill
- wok

Directions

- Heat gas or charcoal grill.
- Place corn, zucchini, onion and tomatoes in grill basket (grill “wok”) or directly on grill rack over medium heat. Cover grill; cook 10 to 15 minutes, turning occasionally, until slightly charred and crisp-tender.
- Remove vegetables from grill; cool.
- In 10-inch skillet, cook bacon until crisp; drain on paper towels. Reserve 1 tablespoon of the drippings in skillet. Crumble bacon; set aside.
- Cut corn off cobs. Chop zucchini and onion.
- Cut tomatoes in half.
- Add butter and garlic to bacon drippings in skillet. Cook and stir over medium-high heat 1 minute. Stir in grilled vegetables and bacon. Cook 3 to 4 minutes, stirring occasionally, until hot.
- Sprinkle with basil and thyme. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:61.69, Glycemic Load:2.26, Inflammation Score:-8, Nutrition Score:9.3743478811306%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg

Nutrients (% of daily need)

Calories: 188.19kcal (9.41%), Fat: 10.41g (16.02%), Saturated Fat: 4.23g (26.46%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 17.94g (6.52%), Sugar: 11.29g (12.54%), Cholesterol: 18.42mg (6.14%), Sodium: 198.79mg (8.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Vitamin C: 25.6mg (31.03%), Manganese: 0.33mg (16.69%), Vitamin B6: 0.33mg (16.57%), Potassium: 515.93mg (14.74%), Fiber: 3.6g (14.41%), Folate: 55.16µg (13.79%), Vitamin B1: 0.18mg (12.31%), Phosphorus: 120.74mg (12.07%), Magnesium: 44.09mg (11.02%), Vitamin B3: 2.04mg (10.22%), Vitamin B2: 0.15mg (9.07%), Vitamin A: 410.72IU (8.21%), Copper: 0.15mg (7.34%), Vitamin B5: 0.69mg (6.89%), Vitamin K: 6.72µg (6.4%), Selenium: 4.28µg (6.11%), Zinc: 0.84mg (5.6%), Iron: 0.96mg (5.33%), Calcium: 35mg (3.5%), Vitamin E: 0.36mg (2.4%), Vitamin B12: 0.09µg (1.47%)