



Fresh Corn and Zucchini Saute

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground to taste
- 0.3 cup butter
- 3 ears corn
- 4 servings sea salt to taste
- 0.5 small onion diced white finely
- 3 small zucchinis diced

Equipment

- frying pan

Directions

- Heat butter in a skillet over medium heat, stirring occasionally, until lightly browned, 1 to 2 minutes. Cook and stir onion in the melted butter until translucent, about 5 minutes.
- Cut kernels from the ears of corn.
- Add zucchini and corn; cook and stir until zucchini is tender, about 8 minutes. Season with sea salt and pepper.

Nutrition Facts

PROTEIN 7.25% **FAT 59.13%** **CARBS 33.62%**

Properties

Glycemic Index:31, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:7.6691304717375%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 178.57kcal (8.93%), Fat: 12.71g (19.56%), Saturated Fat: 7.59g (47.44%), Carbohydrates: 16.26g (5.42%), Net Carbohydrates: 13.86g (5.04%), Sugar: 6.82g (7.58%), Cholesterol: 30.5mg (10.17%), Sodium: 302.59mg (13.16%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.51g (7.01%), Vitamin C: 21.08mg (25.55%), Manganese: 0.29mg (14.56%), Vitamin A: 658.49IU (13.17%), Folate: 51.7µg (12.92%), Potassium: 430.78mg (12.31%), Vitamin B6: 0.22mg (10.91%), Magnesium: 42.24mg (10.56%), Phosphorus: 99.81mg (9.98%), Vitamin B1: 0.15mg (9.95%), Fiber: 2.41g (9.64%), Vitamin B3: 1.61mg (8.06%), Vitamin B2: 0.13mg (7.51%), Vitamin B5: 0.69mg (6.92%), Vitamin K: 5.2µg (4.95%), Copper: 0.09mg (4.41%), Zinc: 0.62mg (4.15%), Iron: 0.71mg (3.95%), Vitamin E: 0.49mg (3.24%), Calcium: 21.49mg (2.15%), Selenium: 0.77µg (1.1%)