



Fresh Corn Sauté with Tomatoes, Squash, and Fried Okra



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



267 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cayenne pepper ()
- ☐ 2 cups bag cherry tomatoes halved
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cups corn kernels fresh (cut from 3 ears of corn)
- ☐ 2 garlic cloves chopped
- ☐ 2 green onions chopped
- ☐ 12 okra pods

- ☐ 6 tablespoons olive oil divided
- ☐ 6 baby pattypan squash green cut into 6 pieces
- ☐ 0.5 cup cornmeal yellow

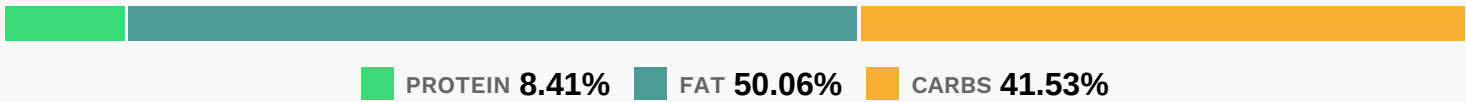
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Mix cornmeal and 1/4 teaspoon cayenne in small bowl.
- ☐ Add okra and toss lightly to coat.
- ☐ Pour okra into sieve and shake off excess cornmeal.
- ☐ Heat 4 tablespoons oil in heavy large skillet over medium heat.
- ☐ Add okra and sauté until coating is golden brown, stirring occasionally, about 6 minutes. Using slotted spoon, transfer okra to paper towels to drain; sprinkle with salt and pepper. Wipe out skillet.
- ☐ Heat remaining 2 tablespoons oil in same skillet over medium heat.
- ☐ Add corn, squash, and garlic; sauté 2 minutes.
- ☐ Add tomatoes; cover and cook until squash is crisp-tender, about 5 minutes.
- ☐ Mix in okra, cilantro, and green onions.
- ☐ Remove from heat. Season to taste with salt, pepper, and more cayenne, if desired.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:6.25, Inflammation Score:-8, Nutrition Score:16.723913213481%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 266.73kcal (13.34%), Fat: 15.9g (24.46%), Saturated Fat: 2.32g (14.47%), Carbohydrates: 29.68g (9.89%), Net Carbohydrates: 24.16g (8.79%), Sugar: 9g (10%), Cholesterol: 0mg (0%), Sodium: 17.8mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.02%), Vitamin C: 51.89mg (62.9%), Manganese: 0.7mg (34.86%), Vitamin K: 31.89µg (30.37%), Folate: 99.42µg (24.86%), Magnesium: 90.52mg (22.63%), Fiber: 5.52g (22.08%), Vitamin B6: 0.42mg (20.82%), Vitamin B1: 0.3mg (20.27%), Potassium: 680.16mg (19.43%), Vitamin A: 957.64IU (19.15%), Vitamin E: 2.71mg (18.09%), Phosphorus: 165.89mg (16.59%), Copper: 0.3mg (15.09%), Vitamin B3: 2.74mg (13.72%), Iron: 1.98mg (10.99%), Zinc: 1.36mg (9.1%), Vitamin B5: 0.73mg (7.31%), Vitamin B2: 0.12mg (7.09%), Calcium: 64.25mg (6.42%), Selenium: 2.02µg (2.88%)