



## Grilled Zucchini and Red Bell Pepper with Corn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



56 kcal

SIDE DISH

### Ingredients

- 1 cup whole-kernel corn frozen thawed drained
- 0.1 teaspoon pepper red crushed
- 1 bell pepper red halved lengthwise seeded
- 1.5 tablespoons parmesan and roasted garlic salad dressing (such as Newman's Own)
- 0.3 teaspoon salt
- 1 medium zucchini halved lengthwise

### Equipment

bowl

grill

## Directions

Prepare grill.

Coat zucchini and bell pepper halves with cooking spray; place on grill rack. Cover and grill 5 minutes on each side or until bell pepper is charred and zucchini is tender.

Remove vegetables from grill; cut into 1-inch pieces.

Place in a medium bowl. Stir in corn and remaining 3 ingredients, tossing gently to combine.

## Nutrition Facts



**PROTEIN 11.68%** **FAT 26.37%** **CARBS 61.95%**

## Properties

Glycemic Index:11.75, Glycemic Load:0.53, Inflammation Score:-7, Nutrition Score:7.3600000583607%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 56.31kcal (2.82%), Fat: 1.86g (2.87%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 7.89g (2.87%), Sugar: 4.87g (5.41%), Cholesterol: 0mg (0%), Sodium: 287.66mg (12.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.71%), Vitamin C: 47.53mg (57.61%), Vitamin A: 1068.34IU (21.37%), Folate: 40.63µg (10.16%), Vitamin B6: 0.19mg (9.31%), Manganese: 0.17mg (8.49%), Fiber: 1.96g (7.83%), Potassium: 250.44mg (7.16%), Vitamin B2: 0.11mg (6.38%), Vitamin K: 6.57µg (6.26%), Vitamin E: 0.7mg (4.7%), Vitamin B3: 0.94mg (4.68%), Phosphorus: 46.19mg (4.62%), Magnesium: 18.08mg (4.52%), Vitamin B1: 0.05mg (3.63%), Vitamin B5: 0.34mg (3.4%), Iron: 0.45mg (2.48%), Zinc: 0.37mg (2.46%), Copper: 0.05mg (2.31%), Calcium: 12.13mg (1.21%)