



Grilled Zucchini Succotash



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



626 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 3 ears corn fresh
- ☐ 2 cloves garlic finely chopped
- ☐ 2 cups heavy cream
- ☐ 1 jalapeno diced peeled seeded
- ☐ 3 tablespoons olive oil
- ☐ 1 poblano chile diced peeled seeded
- ☐ 0.3 cup queso fresco cheese crumbled

- ☐ 1 onion red peeled finely chopped
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tomatoes diced seeded
- ☐ 2 zucchini halved lengthwise

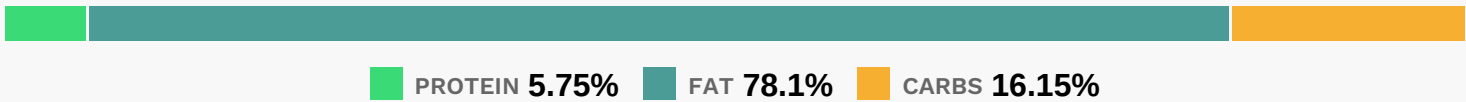
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat grill to high.
- ☐ Brush cut side of zucchini with 2 tablespoons of the oil and season with salt and pepper. Grill, cut-side down, until golden brown, about 2 to 3 minutes. Turn over and continue cooking until just cooked through.
- ☐ Remove from heat and cut into small dice.
- ☐ Heat remaining oil in a medium saucepan on the grates of the grill.
- ☐ Add the onion and cook until soft.
- ☐ Add the garlic and cook for 1 minute.
- ☐ Add the corn kernels and cook for 5 minutes.
- ☐ Add the tomatoes, chile peppers, diced zucchini, and heavy cream and cook until the cream is reduced by half and begins to thicken. Season with salt and pepper, to taste.
- ☐ Remove from the heat and add the cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:1.78, Inflammation Score:-9, Nutrition Score:19.776521765667%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

Nutrients (% of daily need)

Calories: 626.43kcal (31.32%), Fat: 56.73g (87.27%), Saturated Fat: 30.16g (188.47%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 22.18g (8.07%), Sugar: 13.99g (15.55%), Cholesterol: 139.73mg (46.58%), Sodium: 307.25mg (13.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.8%), Vitamin C: 62.11mg (75.29%), Vitamin A: 2861.25IU (57.22%), Vitamin K: 25.56µg (24.35%), Vitamin B2: 0.4mg (23.49%), Potassium: 818.93mg (23.4%), Manganese: 0.46mg (23.04%), Phosphorus: 228.06mg (22.81%), Vitamin B6: 0.45mg (22.68%), Vitamin E: 3.4mg (22.66%), Folate: 76.2µg (19.05%), Fiber: 4.2g (16.8%), Magnesium: 66.43mg (16.61%), Calcium: 158.21mg (15.82%), Vitamin B1: 0.23mg (15.54%), Vitamin D: 2.11µg (14.07%), Vitamin B3: 2.32mg (11.61%), Vitamin B5: 1.16mg (11.58%), Copper: 0.18mg (8.96%), Zinc: 1.32mg (8.83%), Selenium: 6.02µg (8.6%), Iron: 1.29mg (7.14%), Vitamin B12: 0.32µg (5.31%)