



Puget Sound Ferry Boats

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



110 kcal

SIDE DISH

Ingredients

- 4 ears corn
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon mint leaves fresh chopped
- 1 clove garlic minced
- 2 ounces parmesan grated
- 8 servings salt and pepper black freshly ground
- 2 tablespoons butter unsalted
- 4 medium zucchini

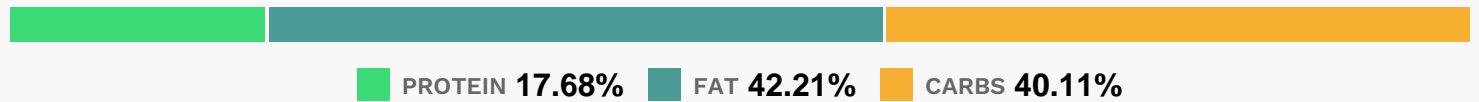
Equipment

- bowl
- grill

Directions

- Preheat the grill to medium.
- Slice the zucchini lengthwise, scoop out seeds and pulp and discard.
- Grill the corn until charred, then remove them from the grill and cut the kernels off the cobs.
- In a medium bowl add the corn and the butter and toss to coat.
- Add the herbs and garlic and season with salt and pepper, to taste. Stir in 1 to 2 ounces of the grated Parmesan.
- Stuff the zucchini with the corn mixture and grill over medium heat until warm.
- Sprinkle with the remaining Parmesan and serve when the cheese melts.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:7.6082608155582%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 109.51kcal (5.48%), Fat: 5.6g (8.62%), Saturated Fat: 3.19g (19.95%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 10.01g (3.64%), Sugar: 5.33g (5.92%), Cholesterol: 12.34mg (4.11%), Sodium: 128.84mg (5.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.56%), Vitamin C: 20.94mg (25.39%), Manganese: 0.28mg (13.76%), Phosphorus: 128.55mg (12.86%), Potassium: 391.55mg (11.19%), Folate: 43.82µg (10.96%), Vitamin B6: 0.21mg (10.7%), Calcium: 104.04mg (10.4%), Magnesium: 38.27mg (9.57%), Vitamin A: 456.85IU (9.14%), Vitamin

B2: 0.14mg (8.47%), Vitamin B1: 0.12mg (7.88%), Fiber: 1.97g (7.86%), Vitamin B3: 1.27mg (6.37%), Vitamin B5: 0.56mg (5.65%), Vitamin K: 5.19µg (4.95%), Zinc: 0.73mg (4.88%), Copper: 0.08mg (4.19%), Iron: 0.7mg (3.92%), Selenium: 2.15µg (3.08%), Vitamin E: 0.25mg (1.66%), Vitamin B12: 0.09µg (1.52%)