



Summer Zucchini Stir-Fry

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



6

CALORIES



135 kcal

SIDE DISH

Ingredients

- 2 ears corn fresh sweet cleaned
- 2 tablespoons olive oil with olive oil & sea salt flakes®
- 2 zucchini cut into chunks
- 1 medium onion halved thinly sliced
- 12 oz peas fresh hulled
- 1.5 teaspoons penzey's southwest seasoning
- 0.3 teaspoon sea salt
- 0.3 teaspoon pepper freshly ground

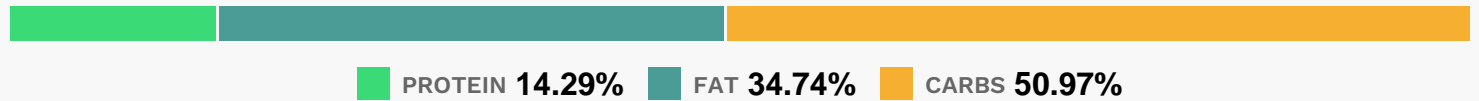
Equipment

frying pan

Directions

- Cut kernels off ears of corn. In 12-inch skillet, melt butter over medium heat.
- Add corn, zucchini, onion and peas. Cook 3 to 5 minutes, stirring occasionally, until vegetables begin to soften.
- Sprinkle Tuscan seasoning, salt and pepper over mixture. Cook about 10 minutes longer, stirring occasionally, until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:20.56, Glycemic Load:2.8, Inflammation Score:-7, Nutrition Score:12.105652207914%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 134.89kcal (6.74%), Fat: 5.58g (8.59%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 13.08g (4.76%), Sugar: 7.55g (8.39%), Cholesterol: 0mg (0%), Sodium: 110.61mg (4.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.33%), Vitamin C: 37.8mg (45.82%), Vitamin K: 27.64µg (26.32%), Manganese: 0.49mg (24.65%), Fiber: 5.34g (21.37%), Folate: 71.55µg (17.89%), Vitamin B1: 0.24mg (15.83%), Vitamin B6: 0.27mg (13.27%), Vitamin A: 642.3IU (12.85%), Potassium: 433.33mg (12.38%), Phosphorus: 120.03mg (12%), Magnesium: 46.88mg (11.72%), Vitamin B3: 2.09mg (10.45%), Iron: 1.76mg (9.77%), Vitamin B2: 0.16mg (9.67%), Copper: 0.17mg (8.34%), Zinc: 1.12mg (7.44%), Vitamin E: 1.07mg (7.16%), Calcium: 49.6mg (4.96%), Vitamin B5: 0.44mg (4.42%), Selenium: 1.48µg (2.12%)