



WHATSheATE



## Sweet Corn and Zucchini



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



104 kcal

SIDE DISH

### Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 cups corn kernels fresh
- ☐ 0.5 cup onion diced sweet
- ☐ 2 teaspoons taco seasoning
- ☐ 2 cups zucchini coarsely chopped

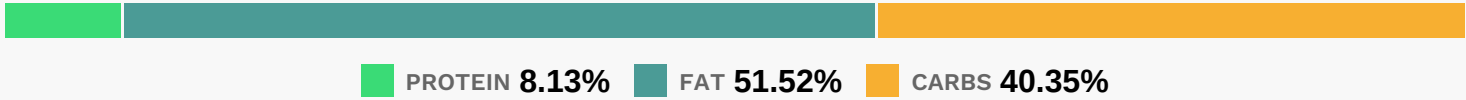
### Equipment

- ☐ frying pan

# Directions

- ☐ Saut zucchini and onion in butter in a large skillet over medium-high heat 5 minutes.
- ☐ Add corn kernels, chives, and taco seasoning mix; saut 5 minutes or until tender.

# Nutrition Facts



# Properties

Glycemic Index:18.33, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:4.9091304365707%

# Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

# Nutrients (% of daily need)

Calories: 103.61kcal (5.18%), Fat: 6.48g (9.98%), Saturated Fat: 3.79g (23.7%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 9.88g (3.59%), Sugar: 4.77g (5.3%), Cholesterol: 15.05mg (5.02%), Sodium: 59.37mg (2.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Vitamin C: 12.31mg (14.92%), Folate: 35.25µg (8.81%), Vitamin A: 423.79IU (8.48%), Manganese: 0.17mg (8.41%), Potassium: 260.86mg (7.45%), Magnesium: 27.36mg (6.84%), Vitamin B1: 0.1mg (6.71%), Vitamin B6: 0.13mg (6.61%), Phosphorus: 64.97mg (6.5%), Fiber: 1.55g (6.19%), Vitamin K: 6µg (5.72%), Vitamin B3: 1.07mg (5.37%), Vitamin B5: 0.46mg (4.57%), Vitamin B2: 0.07mg (4.26%), Copper: 0.06mg (2.9%), Iron: 0.47mg (2.61%), Zinc: 0.39mg (2.58%), Vitamin E: 0.25mg (1.68%), Calcium: 13.46mg (1.35%)