



Zucchini and Corn Gratin

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



291 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup triple cheddar cheese shredded with a touch of philadelphia kraft
- ☐ 2 tablespoons flour
- ☐ 5 cups corn kernels fresh
- ☐ 1 small jalapeno thinly sliced
- ☐ 0.3 cup milk
- ☐ 0.5 cup onions finely chopped
- ☐ 1 large zucchini thinly sliced

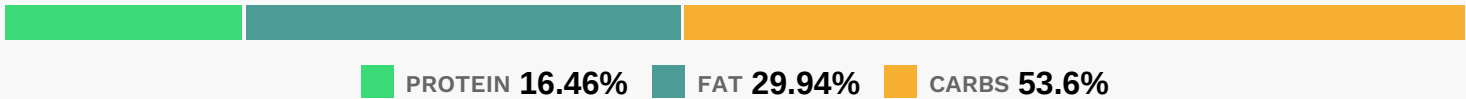
Equipment

- ☐ frying pan
- ☐ oven
- ☐ broiler

Directions

- ☐ Cook onions in large nonstick oven proof skillet on medium heat 3 to 4 min. or until crisp-tender. Stir in corn and peppers; cover. Cook 5 to 6 min. or until corn is tender, stirring frequently.
- ☐ Mix flour and milk until blended.
- ☐ Add to corn mixture; mix well. Cook 4 to 5 min. or until thickened, stirring frequently.
- ☐ Add zucchini; mix well. Top with cheese.
- ☐ Heat broiler. Broil vegetable mixture 3 to 4 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:3.28, Inflammation Score:-8, Nutrition Score:16.653478197429%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 290.91kcal (14.55%), Fat: 10.63g (16.35%), Saturated Fat: 5.12g (32%), Carbohydrates: 42.83g (14.28%), Net Carbohydrates: 37.86g (13.77%), Sugar: 15.42g (17.13%), Cholesterol: 23.63mg (7.88%), Sodium: 180.92mg (7.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.15g (26.29%), Vitamin C: 32.41mg (39.29%), Phosphorus: 320.33mg (32.03%), Folate: 111.56µg (27.89%), Vitamin B1: 0.37mg (24.99%), Manganese: 0.5mg (24.8%), Magnesium: 93.11mg (23.28%), Potassium: 788.84mg (22.54%), Fiber: 4.97g (19.89%), Calcium: 196.93mg (19.69%), Vitamin B3: 3.89mg (19.47%), Vitamin B2: 0.32mg (19.03%), Vitamin B6: 0.37mg (18.38%), Vitamin B5: 1.68mg (16.8%), Vitamin A: 783.81IU (15.68%), Zinc: 2.02mg (13.45%), Selenium: 9.02µg (12.88%), Iron: 1.5mg (8.33%), Copper: 0.16mg (8.13%), Vitamin B12: 0.33µg (5.57%), Vitamin K: 5.32µg (5.07%), Vitamin E: 0.52mg (3.5%), Vitamin D: 0.35µg (2.34%)