



## Zucchini-And-Corn Sauté

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



41 kcal

SIDE DISH

### Ingredients

- 1 cup ears corn fresh
- 2 tablespoons parsley fresh chopped
- 2 tablespoons spring onion thinly sliced
- 2 teaspoons olive oil
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 4 cups zucchini diced () (1 pound)

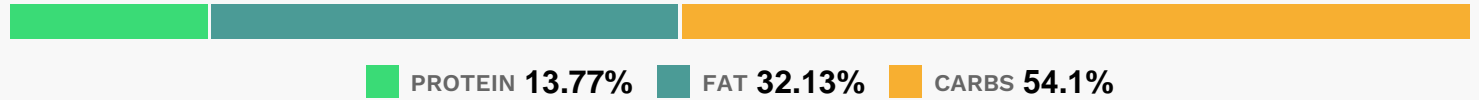
### Equipment

frying pan

## Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add zucchini and corn; saut 5 minutes or until zucchini is tender.
- Add parsley and remaining ingredients, and stir well. Cook 1 minute or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:15.86, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:5.2865217055963%

## Flavonoids

Apigenin: 2.46mg, Apigenin: 2.46mg, Apigenin: 2.46mg, Apigenin: 2.46mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 41.01kcal (2.05%), Fat: 1.66g (2.56%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 5.08g (1.85%), Sugar: 3.12g (3.46%), Cholesterol: 0mg (0%), Sodium: 92.77mg (4.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.21%), Vitamin K: 26.15µg (24.9%), Vitamin C: 15.93mg (19.31%), Manganese: 0.17mg (8.43%), Potassium: 252.43mg (7.21%), Folate: 28.55µg (7.14%), Vitamin B6: 0.14mg (6.85%), Vitamin A: 294.01IU (5.88%), Magnesium: 21.4mg (5.35%), Fiber: 1.21g (4.86%), Vitamin B2: 0.08mg (4.74%), Phosphorus: 46.72mg (4.67%), Vitamin B1: 0.07mg (4.4%), Vitamin B3: 0.71mg (3.55%), Vitamin B5: 0.3mg (2.99%), Iron: 0.48mg (2.65%), Copper: 0.05mg (2.62%), Zinc: 0.34mg (2.28%), Vitamin E: 0.28mg (1.88%), Calcium: 14.78mg (1.48%)