



Zucchini-and-Corn Skillet

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 to 2 garlic cloves minced
- ☐ 0.8 teaspoon lemon pepper
- ☐ 2 ounce pimientos diced drained
- ☐ 1 teaspoon salt
- ☐ 2 ounces mozzarella cheese shredded
- ☐ 1 tablespoon vegetable oil

- ☐ 15.5 ounce kernel corn whole canned drained
- ☐ 3 small zucchini

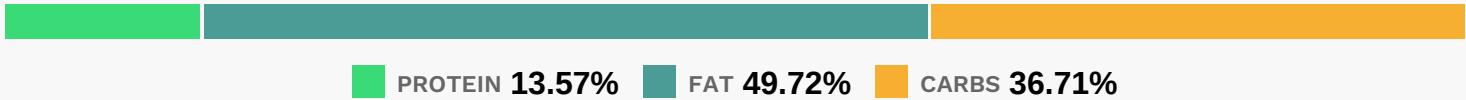
Equipment

- ☐ frying pan

Directions

- ☐ Cut each zucchini lengthwise into quarters. Thinly slice quarters.
- ☐ Melt butter with vegetable oil in a large skillet over medium-high heat; add zucchini and garlic, and saut 3 to 4 minutes.
- ☐ Add corn and next 3 ingredients; cook, stirring often, 2 to 3 minutes or until zucchini is tender.
- ☐ Sprinkle with cheese and basil; heat until cheese melts.
- ☐ * 2 cups fresh corn kernels (about 4 ears) may be substituted.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:6.2165217814238%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 133.56kcal (6.68%), Fat: 7.54g (11.6%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 11.64g (4.23%), Sugar: 1.89g (2.11%), Cholesterol: 7.47mg (2.49%), Sodium: 594.7mg (25.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.27%), Vitamin C: 21.91mg (26.56%), Vitamin A: 552.82IU (11.06%), Vitamin K: 11.07µg (10.54%), Manganese: 0.21mg (10.29%), Folate: 37.26µg (9.31%), Phosphorus: 89.95mg (9%), Potassium: 272.72mg (7.79%), Vitamin B6: 0.13mg (6.63%), Calcium: 63.42mg (6.34%), Vitamin B2: 0.1mg (6.03%), Magnesium: 22.29mg (5.57%), Zinc: 0.71mg (4.71%), Vitamin B3: 0.93mg (4.66%), Iron: 0.67mg (3.74%), Vitamin B12: 0.22µg (3.63%), Fiber: 0.89g (3.57%), Copper: 0.07mg (3.42%), Vitamin B1: 0.04mg (2.94%), Vitamin E: 0.43mg (2.89%), Selenium: 1.83µg (2.61%), Vitamin B5: 0.14mg (1.44%)