



Zucchini & 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 Tbsp flour
- 5 cups corn kernels fresh
- 0.3 cup milk
- 0.5 cup onions finely chopped
- 1 small jalapeño pepper thinly sliced
- 1 large zucchini thinly sliced

Equipment

frying pan

broiler

Directions

Cook onions in large nonstick ovenproof 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.

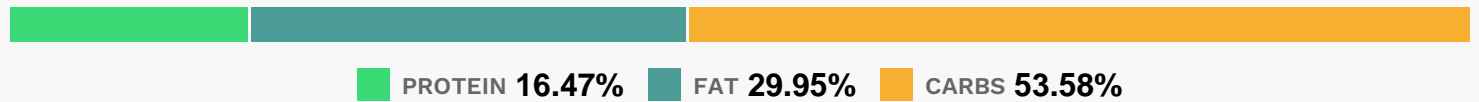
Mix flour and milk until blended.

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:3.27, Inflammation Score:-8, Nutrition Score:16.351739054141%

Flavonoids

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: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 290.52kcal (14.53%), Fat: 10.62g (16.35%), Saturated Fat: 5.12g (32%), Carbohydrates: 42.76g (14.25%), Net Carbohydrates: 37.82g (13.75%), Sugar: 15.27g (16.97%), Cholesterol: 23.63mg (7.88%), Sodium: 180.87mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.14g (26.28%), Vitamin C: 28.26mg (34.25%), Phosphorus: 319.82mg (31.98%), Folate: 110.66µg (27.66%), Manganese: 0.52mg (26.23%), Vitamin B1: 0.37mg (24.91%), Magnesium: 93.01mg (23.25%), Potassium: 783.48mg (22.39%), Calcium: 197.62mg (19.76%), Fiber: 4.94g (19.75%), Vitamin B3: 3.85mg (19.26%), Vitamin B2: 0.32mg (18.91%), Vitamin B6: 0.35mg (17.68%), Vitamin B5: 1.67mg (16.72%), Vitamin A: 747.44IU (14.95%), Zinc: 2.02mg (13.44%), Selenium: 9.01µg (12.88%), Iron: 1.52mg (8.42%), Copper: 0.16mg (8.22%), Vitamin B12: 0.33µg (5.57%), Vitamin K: 5.09µg (4.84%), Vitamin E: 0.4mg (2.68%), Vitamin D: 0.35µg (2.34%)