






 21%
HEALTH SCORE

Zucchini Corn Saute

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

20 min.

SERVINGS

4

CALORIES

120 kcal

SIDE DISH

Ingredients

- 1.5 cups corn fresh thawed
- 0.3 teaspoon ground cumin
- 1 tablespoon olive oil
- 0.3 cup onion diced
- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 4.5 cups zucchini sliced ()

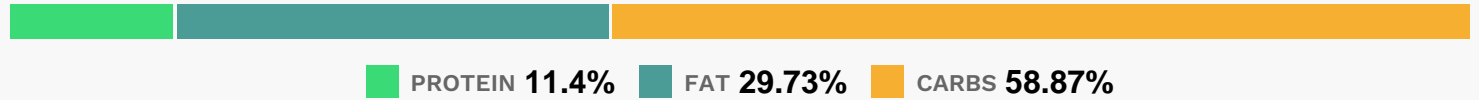
Equipment

frying pan

Directions

- In a nonstick skillet, saute zucchini and onion in oil for 4–5 minutes. Stir in corn; saute 2 minutes longer or until vegetables are tender.
- Sprinkle with salt, cumin and pepper.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.66, Inflammation Score:-5, Nutrition Score:9.2426088789235%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 119.92kcal (6%), Fat: 4.47g (6.88%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 16.58g (6.03%), Sugar: 3.91g (4.35%), Cholesterol: 0mg (0%), Sodium: 305.63mg (13.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.71%), Vitamin C: 30.18mg (36.58%), Manganese: 0.37mg (18.52%), Vitamin B6: 0.35mg (17.54%), Potassium: 563.77mg (16.11%), Folate: 60.15µg (15.04%), Fiber: 3.33g (13.31%), Magnesium: 46.48mg (11.62%), Vitamin B2: 0.19mg (11.11%), Phosphorus: 110.46mg (11.05%), Vitamin B1: 0.13mg (8.8%), Vitamin B3: 1.69mg (8.44%), Vitamin K: 8.25µg (7.86%), Zinc: 0.9mg (6.03%), Iron: 1.07mg (5.94%), Vitamin A: 283.6IU (5.67%), Copper: 0.11mg (5.58%), Vitamin B5: 0.48mg (4.79%), Vitamin E: 0.68mg (4.52%), Calcium: 28.75mg (2.88%), Selenium: 0.83µg (1.19%)