



## African Squash and Yams

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

### Ingredients

- 2 tablespoons vegetable oil
- 0.3 cup onion chopped
- 1 pound acorn squash peeled cut into 1-inch pieces
- 0.8 pound sweet potatoes and into peeled cut into 1-inch pieces
- 1 cup coconut milk
- 0.5 teaspoon salt
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves

# Equipment

frying pan

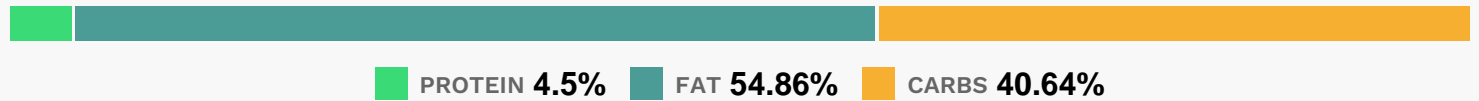
# Directions

Heat oil in 10-inch skillet over medium heat. Cook onion in oil, stirring occasionally, until tender.

Stir in remaining ingredients.

Heat to boiling; reduce heat. Cover and simmer 10 minutes. Simmer uncovered about 5 minutes longer, stirring occasionally, until vegetables are tender.

# Nutrition Facts



# Properties

Glycemic Index:31.17, Glycemic Load:6.8, Inflammation Score:-10, Nutrition Score:12.530434706937%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

# Nutrients (% of daily need)

Calories: 196.59kcal (9.83%), Fat: 12.69g (19.52%), Saturated Fat: 7.85g (49.05%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 18.09g (6.58%), Sugar: 2.66g (2.95%), Cholesterol: 0mg (0%), Sodium: 232.65mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin A: 8322.1IU (166.44%), Manganese: 0.65mg (32.51%), Potassium: 547.61mg (15.65%), Magnesium: 56.68mg (14.17%), Vitamin C: 10.55mg (12.79%), Vitamin B6: 0.25mg (12.7%), Fiber: 3.07g (12.26%), Iron: 2.16mg (11.99%), Copper: 0.22mg (11.12%), Vitamin B1: 0.16mg (10.77%), Phosphorus: 92.15mg (9.22%), Vitamin K: 9.55µg (9.1%), Vitamin B5: 0.82mg (8.23%), Folate: 25.66µg (6.41%), Vitamin B3: 1.1mg (5.48%), Calcium: 52.59mg (5.26%), Vitamin E: 0.53mg (3.54%), Zinc: 0.5mg (3.31%), Vitamin B2: 0.04mg (2.6%), Selenium: 0.76µg (1.09%)