



Basil Summer Squash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup chicken broth
- ☐ 0.5 teaspoon creole seasoning
- ☐ 1 tablespoons basil fresh chopped
- ☐ 1 garlic clove chopped
- ☐ 1 pound peter pan' squash cut in half*
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 1 small vidalia onion chopped

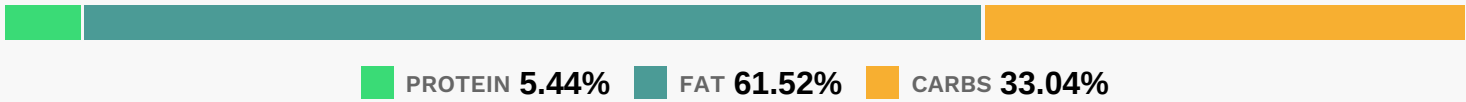
Equipment

- ☐ frying pan

Directions

- ☐ Bring broth to a boil in a large skillet. Reduce heat to low; add squash and next 5 ingredients. Cook, covered, 10 to 12 minutes or until squash is tender and liquid evaporates. Stir in salt, pepper, and basil.
- ☐ *2 pounds yellow squash may be substituted for either pattypan or Peter Pan squash. Reduce the cooking time by 2 minutes.

Nutrition Facts



Properties

Glycemic Index:39.02, Glycemic Load:1.47, Inflammation Score:-6, Nutrition Score:5.0265217345694%

Flavonoids

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

Nutrients (% of daily need)

Calories: 109.11kcal (5.46%), Fat: 7.87g (12.11%), Saturated Fat: 1.62g (10.12%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 8.02g (2.92%), Sugar: 6.64g (7.38%), Cholesterol: 0.2mg (0.07%), Sodium: 324.66mg (14.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.13%), Vitamin C: 16.62mg (20.14%), Vitamin A: 590.56IU (11.81%), Manganese: 0.19mg (9.59%), Folate: 35.9µg (8.97%), Vitamin B6: 0.17mg (8.3%), Potassium: 216.51mg (6.19%), Fiber: 1.49g (5.94%), Magnesium: 23.47mg (5.87%), Copper: 0.11mg (5.71%), Vitamin B1: 0.08mg (5.35%), Phosphorus: 46.25mg (4.62%), Vitamin K: 4.32µg (4.12%), Calcium: 30.88mg (3.09%), Vitamin E: 0.46mg (3.07%), Vitamin B3: 0.57mg (2.86%), Iron: 0.5mg (2.75%), Vitamin B2: 0.05mg (2.7%), Zinc: 0.31mg (2.08%), Vitamin B5: 0.14mg (1.45%)