



Butter-browned Baby Squash Wreath



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



42 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 12 servings salt and pepper
- ☐ 1.5 pounds crookneck squash green yellow (or a combination)

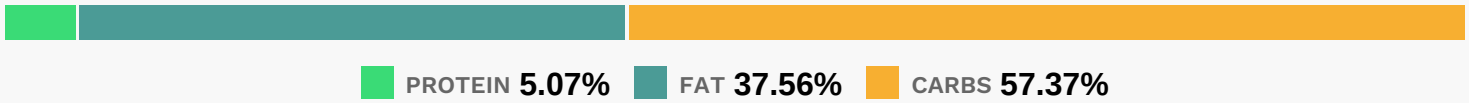
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Rinse squash and trim off stem ends. Set on a rack over about 1 inch boiling water in a 14-inch wok or 5- to 6-quart pan. Cover and steam over high heat until vegetables are tender when pierced, about 8 minutes.
- ☐ In an 11- to 12-inch frying pan over high heat, melt butter.
- ☐ Add squash and thyme. Shake pan, gently mixing ingredients until butter begins to brown, 2 to 3 minutes. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:7.4017391078498%

Nutrients (% of daily need)

Calories: 42.29kcal (2.11%), Fat: 1.93g (2.98%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 5.52g (2.01%), Sugar: 1.25g (1.39%), Cholesterol: 0mg (0%), Sodium: 218.06mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin A: 6110.57IU (122.21%), Vitamin C: 11.91mg (14.44%), Vitamin E: 0.89mg (5.93%), Manganese: 0.12mg (5.75%), Potassium: 200.6mg (5.73%), Magnesium: 19.35mg (4.84%), Fiber: 1.13g (4.54%), Vitamin B6: 0.09mg (4.38%), Folate: 15.33µg (3.83%), Vitamin B1: 0.06mg (3.8%), Vitamin B3: 0.68mg (3.4%), Calcium: 28.04mg (2.8%), Vitamin B5: 0.23mg (2.29%), Iron: 0.4mg (2.21%), Copper: 0.04mg (2.05%), Phosphorus: 19.25mg (1.92%)