



Buttered sweetcorn & squash



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 50 g butter
- ☐ 1 kg baby squash cut into cubes
- ☐ 4 regular corn sliced
- ☐ 1 bunch spring onion sliced
- ☐ 1 small bunch parsley chopped

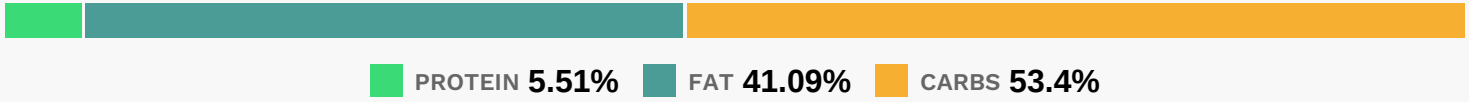
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a frying pan. Sizzle squash gently for 15 mins or until tender, stir in sweetcorn, season and cook for a further 2 mins.
- ☐ Remove from heat, stir in onions and parsley.
- ☐ Serve warm or allow to cool.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:19.268260856685%

Flavonoids

Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 140.09kcal (7%), Fat: 7.02g (10.8%), Saturated Fat: 4.33g (27.08%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 16.76g (6.09%), Sugar: 3.88g (4.31%), Cholesterol: 17.92mg (5.97%), Sodium: 66.22mg (2.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin A: 18766.83IU (375.34%), Vitamin K: 166.5µg (158.57%), Vitamin C: 48.42mg (58.7%), Potassium: 653.79mg (18.68%), Manganese: 0.36mg (17.97%), Vitamin E: 2.69mg (17.91%), Magnesium: 62.56mg (15.64%), Folate: 62.4µg (15.6%), Fiber: 3.77g (15.07%), Vitamin B6: 0.27mg (13.44%), Vitamin B1: 0.18mg (11.87%), Vitamin B3: 2.16mg (10.8%), Iron: 1.82mg (10.11%), Calcium: 98.01mg (9.8%), Vitamin B5: 0.72mg (7.22%), Copper: 0.14mg (6.89%), Phosphorus: 64.5mg (6.45%), Vitamin B2: 0.05mg (2.89%), Zinc: 0.38mg (2.53%), Selenium: 0.95µg (1.36%)