



Butternut Squash Sauté



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 3 cups baby spinach packed
- ☐ 4 slices bacon cut into 1-inch pieces
- ☐ 6 cups butternut squash peeled (2 small)
- ☐ 0.5 cup onion chopped
- ☐ 0.1 teaspoon pepper

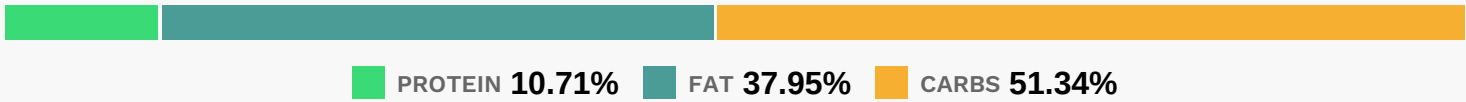
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch skillet, cook bacon over medium-low heat, stirring occasionally, until crisp. Stir in onion. Cook about 2 minutes, stirring occasionally, until onion is crisp-tender.
- ☐ Stir in squash, thyme and pepper. Cover and cook 8 to 10 minutes, stirring occasionally, until squash is tender. Stir in spinach just until wilted.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.26, Inflammation Score:-10, Nutrition Score:14.379565102899%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 99.79kcal (4.99%), Fat: 4.53g (6.96%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 11.25g (4.09%), Sugar: 2.78g (3.09%), Cholesterol: 7.26mg (2.42%), Sodium: 86.31mg (3.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Vitamin A: 12220.85IU (244.42%), Vitamin K: 55.58µg (52.94%), Vitamin C: 25.95mg (31.46%), Manganese: 0.33mg (16.56%), Potassium: 469.17mg (13.4%), Folate: 52.08µg (13.02%), Vitamin E: 1.79mg (11.93%), Magnesium: 46.96mg (11.74%), Vitamin B6: 0.22mg (11.25%), Fiber: 2.53g (10.1%), Vitamin B1: 0.15mg (9.92%), Vitamin B3: 1.8mg (8.98%), Calcium: 64.53mg (6.45%), Iron: 1.11mg (6.16%), Phosphorus: 58.95mg (5.9%), Vitamin B5: 0.5mg (5.01%), Copper: 0.1mg (4.96%), Selenium: 2.9µg (4.14%), Vitamin B2: 0.05mg (3.17%), Zinc: 0.36mg (2.43%)