



Butternut Squash Sauté



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



100 kcal

SIDE DISH

Ingredients

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

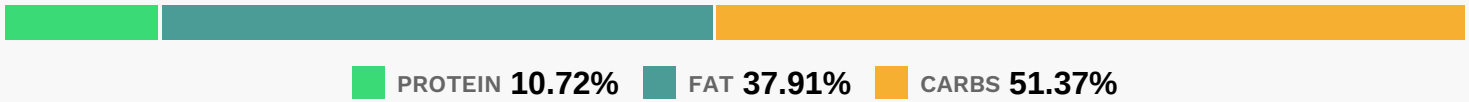
Equipment

- ☐ 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:17, Glycemic Load:0.27, Inflammation Score:-10, Nutrition Score:14.414347813181%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg 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: 99.91kcal (5%), Fat: 4.53g (6.97%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 11.27g (4.1%), Sugar: 2.78g (3.09%), Cholesterol: 7.26mg (2.42%), Sodium: 86.32mg (3.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Vitamin A: 12226.79IU (244.54%), Vitamin K: 55.58µg (52.94%), Vitamin C: 26.15mg (31.7%), Manganese: 0.33mg (16.66%), Potassium: 469.93mg (13.43%), Folate: 52.14µg (13.03%), Vitamin E: 1.79mg (11.93%), Magnesium: 47.16mg (11.79%), Vitamin B6: 0.23mg (11.27%), Fiber: 2.54g (10.17%), Vitamin B1: 0.15mg (9.92%), Vitamin B3: 1.8mg (8.99%), Calcium: 65.03mg (6.5%), Iron: 1.13mg (6.28%), Phosphorus: 59.08mg (5.91%), Vitamin B5: 0.5mg (5.02%), Copper: 0.1mg (4.99%), Selenium: 2.9µg (4.14%), Vitamin B2: 0.05mg (3.21%), Zinc: 0.37mg (2.44%)