



Cheesy Fried Squash

READY IN



55 min.

SERVINGS



4

CALORIES



317 kcal

SIDE DISH

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 cup creamy salad dressing
- ☐ 1 large onion sweet sliced
- ☐ 0.5 cup vegetable oil
- ☐ 4 baby squash yellow sliced

Equipment

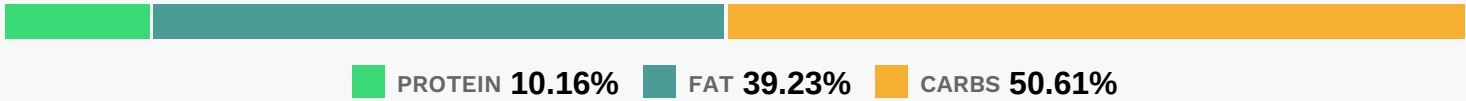
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Place squash in a large bowl and pour in creamy salad dressing. Cover and refrigerate for 30 minutes.
- ☐ Remove squash from refrigerator and sprinkle in the parmesan cheese; mix to coat well. Stir in the flour, coating well.
- ☐ Heat oil in a large skillet over medium-high heat. Carefully place squash in oil and fry until lightly browned. Turn once, and add onions. Fry until squash is browned on both sides. Using a slotted spoon remove squash and onions, and place on paper towels to drain.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:18.66, Inflammation Score:-8, Nutrition Score:17.000869505431%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 316.58kcal (15.83%), Fat: 14.12g (21.73%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 40.99g (13.66%), Net Carbohydrates: 37.25g (13.54%), Sugar: 11.73g (13.03%), Cholesterol: 5.44mg (1.81%), Sodium: 412.23mg (17.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.23g (16.46%), Vitamin C: 37.41mg (45.34%), Folate: 133.43µg (33.36%), Manganese: 0.63mg (31.67%), Vitamin K: 32.8µg (31.24%), Vitamin B6: 0.57mg (28.62%), Vitamin B2: 0.47mg (27.69%), Vitamin B1: 0.38mg (25.39%), Selenium: 14.17µg (20.25%), Potassium: 681.6mg (19.47%), Phosphorus: 174.6mg (17.46%), Fiber: 3.74g (14.98%), Vitamin B3: 2.95mg (14.76%), Iron: 2.46mg (13.65%), Magnesium: 51.3mg (12.82%), Calcium: 109.71mg (10.97%), Copper: 0.2mg (9.97%), Vitamin E: 1.39mg (9.28%), Vitamin A: 457.46IU (9.15%), Zinc: 1.19mg (7.91%), Vitamin B5: 0.54mg (5.42%), Vitamin B12: 0.08µg (1.41%)