



Cheesy Summer Squash Sauté



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds summer squash and/or zucchini sliced
- ☐ 1 bell pepper green seeds removed, sliced
- ☐ 2 smallish tomatoes tomato peeled cut into wedges
- ☐ 0.5 onion yellow peeled sliced
- ☐ 1 clove garlic chopped
- ☐ 4 servings olive oil extra virgin
- ☐ 5 of cheese – jack
- ☐ 4 servings basil fresh dry chopped

☐ 4 servings salt and pepper

Equipment

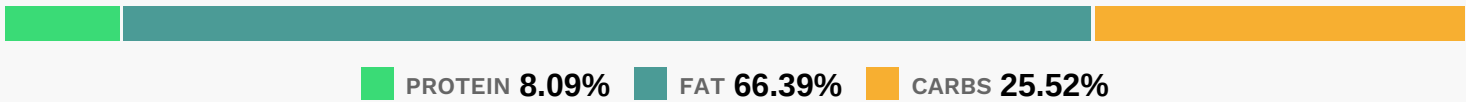
☐ frying pan

☐ sauce pan

Directions

- ☐ Sauté onions, garlic, squash, and bell pepper: Put onion, garlic, squash, bell pepper into a large saucepan with a couple of tablespoons of olive oil. Put on high heat and brown the vegetables slightly to develop flavor.
- ☐ As you are browning, sprinkle either dried basil or chopped fresh basil on the vegetables.
- ☐ Add cheese: When vegetables are slightly browned, remove from heat, add the slices of cheese, and cover the pan.
- ☐ Cook the tomatoes: In a separate stick-free fry pan, put the tomatoes and cook at medium hi heat for about 5 minutes, stirring occasionally. You want to let the juice from the tomatoes evaporate some.
- ☐ Combine: After 5 minutes, add the tomatoes to the rest of the vegetables and stir. Salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:2.72, Inflammation Score:-8, Nutrition Score:16.430434624948%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 188.81kcal (9.44%), Fat: 14.99g (23.06%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 12.96g (4.32%), Net Carbohydrates: 8.94g (3.25%), Sugar: 7.92g (8.8%), Cholesterol: 1.11mg (0.37%), Sodium: 210.83mg (9.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Vitamin C: 72.51mg (87.89%), Vitamin B6: 0.64mg (32.01%), Vitamin K: 30.69µg (29.23%), Manganese: 0.56mg (27.86%), Vitamin A: 1191.42IU (23.83%), Potassium: 822.2mg (23.49%), Vitamin B2: 0.35mg (20.76%), Folate: 82.19µg (20.55%), Vitamin E: 2.75mg (18.35%), Fiber: 4.02g (16.08%), Magnesium: 51.48mg (12.87%), Phosphorus: 118.7mg (11.87%), Vitamin B1: 0.16mg (10.48%), Copper: 0.19mg (9.37%), Vitamin B3: 1.65mg (8.27%), Iron: 1.26mg (6.97%), Calcium: 60.79mg (6.08%), Zinc: 0.89mg (5.91%), Vitamin B5: 0.46mg (4.64%), Selenium: 0.82µg (1.17%)