



Cindy's Southern Vegetable Delight

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



142 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 1 medium onion chopped
- 3 medium potatoes cubed peeled
- 6 servings salt and pepper to taste
- 4 tomatoes fresh peeled chopped
- 4 to 3 sized squashes yellow cubed

Equipment

- frying pan

Directions

- Place butter in a skillet over medium heat. Stir in potatoes, squash, tomatoes, and onion. Season with salt and pepper. Cook, stirring occasionally, until tender, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:38.46, Glycemic Load:15.78, Inflammation Score:-8, Nutrition Score:14.560434945576%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 141.74kcal (7.09%), Fat: 2.41g (3.7%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 27.89g (9.3%), Net Carbohydrates: 22.81g (8.29%), Sugar: 6.64g (7.38%), Cholesterol: 5.02mg (1.67%), Sodium: 222.63mg (9.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.35%), Vitamin C: 55.78mg (67.62%), Vitamin B6: 0.69mg (34.33%), Potassium: 1012.42mg (28.93%), Manganese: 0.51mg (25.46%), Fiber: 5.08g (20.3%), Vitamin A: 1005.2IU (20.1%), Folate: 70.79µg (17.7%), Magnesium: 57.61mg (14.4%), Vitamin B2: 0.24mg (14.17%), Phosphorus: 135.91mg (13.59%), Vitamin B1: 0.19mg (12.45%), Vitamin K: 12.66µg (12.06%), Copper: 0.24mg (11.87%), Vitamin B3: 2.27mg (11.34%), Iron: 1.55mg (8.61%), Vitamin B5: 0.62mg (6.16%), Zinc: 0.86mg (5.74%), Calcium: 45.48mg (4.55%), Vitamin E: 0.67mg (4.45%)