



Corn and Butternut Squash

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon cut into 1-inch pieces
- ☐ 2 tablespoons butter
- ☐ 1 cup butternut squash cubed peeled seeded ()
- ☐ 0.5 cup corn kernels frozen thawed
- ☐ 1.5 teaspoons mustard dry
- ☐ 2 tablespoons basil leaves fresh plus more for garnish chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup onion chopped

☐ 0.5 teaspoon salt

Equipment

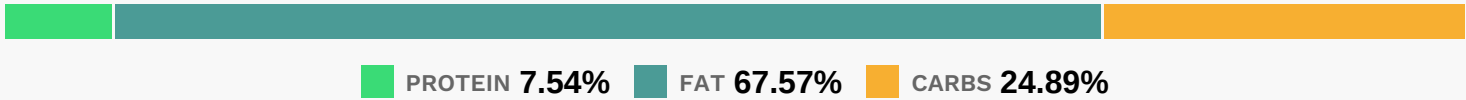
☐ bowl

☐ frying pan

Directions

- ☐ In a medium skillet, cook the bacon over medium-high heat until crisp.
- ☐ Add the onion, and cook until tender, about 2 minutes.
- ☐ Add 2 tablespoons of butter to the skillet, then add the squash. Cook until browned and tender, stirring occasionally, about 20 to 25 minutes.
- ☐ Add the corn and cook until heated through, about 3 minutes. Stir in the basil, dry mustard, salt, and pepper and cook for 1 minute.
- ☐ Transfer the squash to a serving bowl and garnish with basil.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:7.7160868191201%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 135.55kcal (6.78%), Fat: 10.63g (16.35%), Saturated Fat: 5.14g (32.14%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 7.3g (2.66%), Sugar: 2.31g (2.56%), Cholesterol: 22.31mg (7.44%), Sodium: 452.66mg (19.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.33%), Vitamin A: 3963.34IU (79.27%), Vitamin C: 8.9mg (10.79%), Manganese: 0.17mg (8.75%), Fiber: 1.51g (6.03%), Selenium: 4.22µg (6.03%), Potassium: 205.05mg (5.86%), Vitamin B1: 0.09mg (5.74%), Vitamin B3: 1.13mg (5.67%), Vitamin B6: 0.11mg (5.61%), Folate: 21.72µg (5.43%), Magnesium: 21.21mg (5.3%), Vitamin K: 5.53µg (5.26%), Vitamin E: 0.78mg (5.22%), Phosphorus: 49.53mg

(4.95%), Vitamin B5: 0.31mg (3.1%), Iron: 0.5mg (2.79%), Calcium: 27.76mg (2.78%), Copper: 0.05mg (2.7%),
Vitamin B2: 0.04mg (2.55%), Zinc: 0.33mg (2.23%), Vitamin B12: 0.07µg (1.12%)