

Easy Slow Cooker Squash



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



191 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter cubed
- ☐ 1 small onion chopped
- ☐ 0.3 pound processed cheese food cubed velveeta® (such as)
- ☐ 4 pounds summer squash yellow sliced

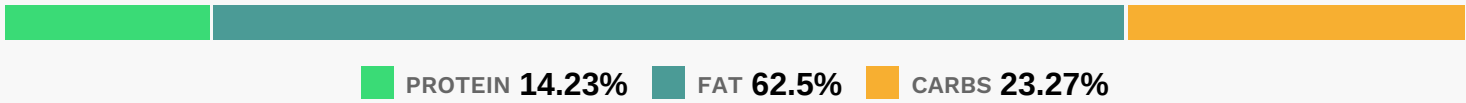
Equipment

- ☐ pot
- ☐ slow cooker
- ☐ colander

Directions

- ☐ Place the squash and onion into a pot, and pour in enough water just to cover. Bring to a boil, cover the pot, and simmer the vegetables until tender, about 10 minutes. Do not stir.
- ☐ Drain the squash and onion in a colander set in the sink.
- ☐ Gently layer the cooked squash and onions, cubes of butter, and cheese food cubes in a slow cooker. Set the cooker on Low, and cook until the squash are very tender and the butter and cheese have formed a creamy sauce, about 1 hour. Do not stir.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:2.61, Inflammation Score:-8, Nutrition Score:16.20695647986%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 190.98kcal (9.55%), Fat: 14.23g (21.9%), Saturated Fat: 8.41g (52.58%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 8.4g (3.05%), Sugar: 7.58g (8.42%), Cholesterol: 39.24mg (13.08%), Sodium: 383.15mg (16.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.59%), Vitamin C: 52.27mg (63.36%), Vitamin B6: 0.68mg (34.19%), Vitamin B2: 0.48mg (28.23%), Manganese: 0.55mg (27.6%), Calcium: 247.81mg (24.78%), Phosphorus: 241.71mg (24.17%), Potassium: 836.53mg (23.9%), Folate: 91.71µg (22.93%), Vitamin A: 1019.99IU (20.4%), Magnesium: 57.68mg (14.42%), Fiber: 3.52g (14.1%), Vitamin B1: 0.15mg (10.25%), Vitamin K: 10.27µg (9.78%), Zinc: 1.38mg (9.17%), Copper: 0.17mg (8.37%), Vitamin B3: 1.5mg (7.52%), Iron: 1.2mg (6.69%), Selenium: 4.58µg (6.54%), Vitamin B5: 0.57mg (5.7%), Vitamin B12: 0.3µg (4.99%), Vitamin E: 0.74mg (4.91%)