



## Farmers' Market Squash Sauté

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 Tbsp basil fresh chopped
- 2 cloves garlic minced
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 Tbsp olive oil
- 2 Tbsp parmesan cheese grated kraft
- 2 baby squash yellow sliced
- 2 zucchini sliced

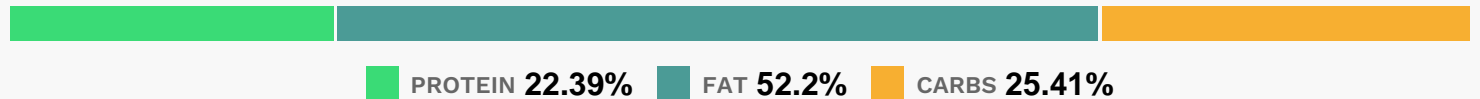
## Equipment

frying pan

## Directions

- Cook vegetables in hot oil in large skillet on medium heat 3 min., stirring occasionally. Stir in garlic; cook 3 min. or until vegetables are crisp-tender.
- Remove from heat; stir in mozzarella and basil.
- Sprinkle with Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:7.35, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:2.2886956389184%

## Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 22.46kcal (1.12%), Fat: 1.39g (2.14%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.96g (1.06%), Cholesterol: 2.23mg (0.74%), Sodium: 28.13mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin C: 7.05mg (8.54%), Vitamin K: 4.53µg (4.31%), Manganese: 0.08mg (4.1%), Vitamin B6: 0.08mg (4.09%), Calcium: 34.06mg (3.41%), Vitamin B2: 0.06mg (3.37%), Phosphorus: 31.84mg (3.18%), Potassium: 108.85mg (3.11%), Folate: 11.11µg (2.78%), Vitamin A: 129.45IU (2.59%), Magnesium: 8.16mg (2.04%), Fiber: 0.43g (1.71%), Zinc: 0.23mg (1.51%), Vitamin B1: 0.02mg (1.31%), Copper: 0.02mg (1.23%), Vitamin E: 0.16mg (1.06%)