



Fried Yellow Squash

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



246 kcal

SIDE DISH

Ingredients

- 0.8 cup self-rising cornbread mix martha white® (such as)
- 4 servings salt and ground pepper black to taste
- 0.3 cup olive oil as needed
- 2 baby squash yellow cut into 1/8-inch slices

Equipment

- frying pan
- paper towels
- slotted spoon

Directions

- Place cornbread mix in a gallon-size resealable bag; season with salt and black pepper.
- Add squash, seal bag, and shake to coat evenly.
- Remove squash from bag and shake off any excess cornmeal.
- Heat about 1/4 inch of olive oil in a large skillet over medium heat. Fry squash in the hot oil, working in batches, until center is cooked and edges are crisp, 2 to 3 minutes per side.
- Remove with a slotted spoon and drain on a paper towel-lined plate.

Nutrition Facts

PROTEIN 4.85% **FAT 60.56%** **CARBS 34.59%**

Properties

Glycemic Index:16, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:7.9543478242729%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 245.78kcal (12.29%), Fat: 16.91g (26.01%), Saturated Fat: 2.72g (17.03%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 18.9g (6.87%), Sugar: 7.53g (8.37%), Cholesterol: 0.53mg (0.18%), Sodium: 218.24mg (9.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.09%), Vitamin C: 16.69mg (20.23%), Phosphorus: 166.68mg (16.67%), Vitamin E: 2.1mg (14.03%), Manganese: 0.27mg (13.38%), Folate: 53.02µg (13.26%), Vitamin B2: 0.21mg (12.43%), Vitamin B6: 0.25mg (12.39%), Vitamin K: 12.55µg (11.95%), Fiber: 2.82g (11.29%), Vitamin B1: 0.16mg (10.67%), Potassium: 288.1mg (8.23%), Vitamin B3: 1.36mg (6.81%), Iron: 1.09mg (6.05%), Magnesium: 23.18mg (5.79%), Vitamin A: 226.95IU (4.54%), Copper: 0.07mg (3.69%), Calcium: 30.35mg (3.03%), Zinc: 0.44mg (2.91%), Vitamin B5: 0.28mg (2.8%), Selenium: 1.68µg (2.4%)