



Fried Yellow Squash with Potatoes and Onions

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



198 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 1 teaspoon garlic minced
- 1 teaspoon ground pepper black
- 1 teaspoon paprika
- 4 potatoes peeled sliced
- 0.5 teaspoon pepper flakes red
- 1 cup vegetable oil
- 0.5 onion diced yellow

3 baby squash yellow sliced

Equipment

frying pan

slotted spoon

Directions

Heat vegetable oil in a large skillet over high heat until oil is hot; decrease heat to medium. Cook and stir onion and potatoes in the hot oil until potatoes are lightly browned and partially cooked, 15 to 20 minutes.

Add squash, butter, paprika, black pepper, garlic powder, salt, and red pepper flakes; cook until potatoes are golden brown, 15 to 20 more minutes, turning occasionally.

Remove from skillet with a slotted spoon.

Nutrition Facts

 **PROTEIN 6.39%**  **FAT 50.39%**  **CARBS 43.22%**

Properties

Glycemic Index:33.72, Glycemic Load:14.37, Inflammation Score:-6, Nutrition Score:9.9017390978077%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 197.8kcal (9.89%), Fat: 11.5g (17.69%), Saturated Fat: 4.55g (28.45%), Carbohydrates: 22.2g (7.4%), Net Carbohydrates: 18.73g (6.81%), Sugar: 2.78g (3.09%), Cholesterol: 15.25mg (5.08%), Sodium: 56.08mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin C: 34.1mg (41.34%), Vitamin B6: 0.5mg (24.81%), Potassium: 665.64mg (19.02%), Manganese: 0.34mg (17.23%), Vitamin K: 15.52µg (14.78%), Fiber: 3.47g (13.88%), Folate: 40.09µg (10.02%), Vitamin A: 488.14IU (9.76%), Magnesium: 38.97mg (9.74%), Phosphorus: 94.46mg (9.45%), Vitamin B2: 0.15mg (8.7%), Vitamin B1: 0.13mg (8.41%), Copper: 0.16mg (8.13%), Vitamin B3: 1.54mg (7.68%), Iron: 1.21mg (6.72%), Vitamin E: 0.83mg (5.56%), Vitamin B5: 0.46mg (4.59%), Zinc: 0.56mg (3.76%), Calcium: 29.86mg (2.99%)