



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 teaspoon salt
- 1 cup vegetable oil

- 0.5 onion diced yellow
- 3 baby squash yellow sliced

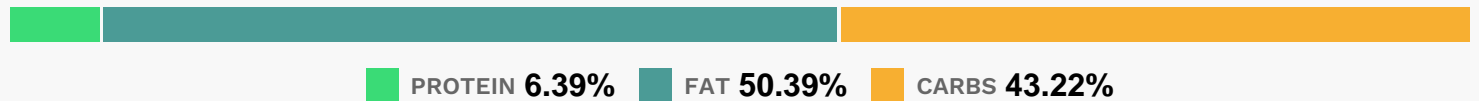
Equipment

- 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



Properties

Glycemic Index:33.72, Glycemic Load:14.37, Inflammation Score:-6, Nutrition Score:9.9052174071903%

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: 346.77mg (15.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin C: 34.1mg (41.34%), Vitamin B6: 0.5mg (24.81%), Potassium: 665.7mg (19.02%), Manganese: 0.35mg (17.27%), Vitamin K: 15.52µg (14.78%), Fiber: 3.47g (13.88%), Folate: 40.09µg (10.02%), Vitamin A: 488.14IU (9.76%), Magnesium: 38.98mg (9.74%), Phosphorus: 94.46mg (9.45%), Vitamin B2: 0.15mg (8.7%), Vitamin B1: 0.13mg (8.41%), Copper: 0.16mg (8.14%), Vitamin B3: 1.54mg (7.68%), Iron: 1.21mg (6.74%), Vitamin E: 0.83mg (5.56%), Vitamin B5: 0.46mg (4.59%), Zinc: 0.56mg (3.76%), Calcium: 30.04mg (3%)