

Garlic Roasted Summer Squash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 3 cloves garlic minced to taste
- ☐ 4 servings ground pepper black to taste
- ☐ 1 teaspoon herbs de provence
- ☐ 0.3 cup olive oil
- ☐ 4 servings salt to taste
- ☐ 2 summer squash

Equipment

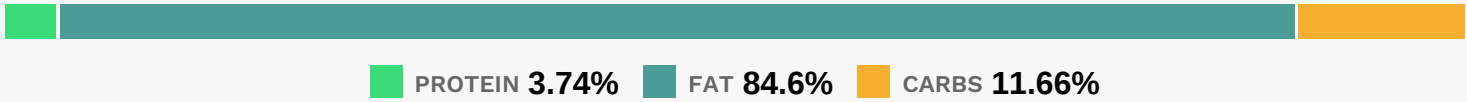
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Trim the ends from the squash, and cut each squash in half lengthwise.
- ☐ Cut the halves in half again crosswise, to make 4 pieces; cut those pieces in half twice more the long way, to make 16 short spears from each squash. Toss the squash with olive oil and garlic in a bowl; place into a shallow baking dish.
- ☐ Sprinkle with salt and black pepper.
- ☐ Roast the squash until the spears and garlic start to brown, 5 to 10 minutes. Check the squash after 5 minutes, and add time in 2- to 3-minute intervals to avoid burning.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.93, Inflammation Score:-3, Nutrition Score:5.8995652768923%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 139.31kcal (6.97%), Fat: 13.71g (21.09%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 3.01g (1.09%), Sugar: 2.18g (2.43%), Cholesterol: 0mg (0%), Sodium: 196.56mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin C: 17.49mg (21.2%), Vitamin K: 15.56µg (14.81%), Vitamin E: 2.08mg (13.89%), Vitamin B6: 0.24mg (12.16%), Manganese: 0.24mg (12.1%), Vitamin B2: 0.14mg (8.4%), Potassium: 269.32mg (7.69%), Folate: 29.19µg (7.3%), Fiber: 1.24g (4.97%), Magnesium: 17.95mg (4.49%), Iron: 0.78mg (4.32%), Phosphorus: 41.34mg (4.13%), Vitamin A: 206.25IU (4.12%), Vitamin B1: 0.05mg (3.53%), Copper: 0.06mg (3.02%), Vitamin B3: 0.51mg (2.53%), Calcium: 24.2mg (2.42%), Zinc: 0.33mg (2.18%), Vitamin B5: 0.17mg (1.67%)