



Garlicky Summer Squash and Fresh Corn




Vegetarian




Gluten Free

READY IN




30 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1 ears corn
- 1 tablespoon parsley fresh chopped
- 4 cloves garlic minced
- 2 tablespoons olive oil
- 6 servings salt and pepper to taste
- 0.5 cup vegetable stock
- 0.5 onion yellow sliced

2 cups to 3 sized squashes yellow sliced

2 cups zucchini sliced

Equipment

frying pan

Directions

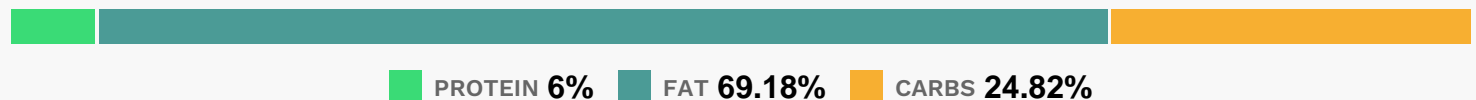
Heat the oil in a skillet over medium-high heat, and cook the onion and garlic until slightly tender.

Mix in the vegetable broth and corn kernels, and cook until heated through.

Mix in the squash and zucchini. Cover, and continue cooking 10 minutes, stirring occasionally, until squash and zucchini are tender.

Mix the parsley and butter into the skillet with the squash. Season with salt and pepper. Cook and stir until butter is melted, and serve hot.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:5.6847827019899%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 108.53kcal (5.43%), Fat: 8.88g (13.66%), Saturated Fat: 3.15g (19.68%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 5.82g (2.12%), Sugar: 3.38g (3.76%), Cholesterol: 10.03mg (3.34%), Sodium: 309.61mg (13.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Vitamin C: 17.01mg (20.62%), Vitamin K: 17.09µg (16.28%), Manganese: 0.21mg (10.52%), Vitamin B6: 0.2mg (10%), Vitamin A: 400.91IU (8.02%), Potassium: 273.37mg (7.81%), Folate: 30.1µg (7.52%), Vitamin B2: 0.11mg (6.32%), Vitamin E: 0.89mg (5.96%), Fiber: 1.35g (5.39%), Magnesium: 21.24mg (5.31%), Phosphorus: 50.6mg (5.06%), Vitamin B1: 0.07mg (4.6%), Vitamin B3:

0.67mg (3.35%), Copper: 0.06mg (3%), Vitamin B5: 0.28mg (2.81%), Iron: 0.49mg (2.7%), Zinc: 0.36mg (2.41%), Calcium: 20.5mg (2.05%)