

Marinated Squash

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

15 min.

SERVINGS

servings

15

CALORIES

calories

32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 carrots
- ☐ 3 rib celery
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 3 green onions
- ☐ 0.8 cup olive oil-and-vinegar dressing
- ☐ 1 teaspoon sugar
- ☐ 3 medium size baby squash yellow

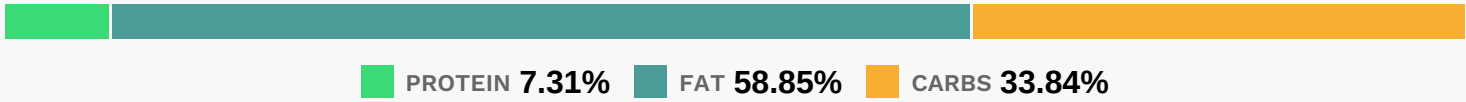
Equipment

☐ bowl

Directions

- ☐ Chop first 4 ingredients. Stir together olive oil-and-vinegar dressing, sugar, and rosemary in a large bowl; add vegetables, tossing to coat. Cover and chill 3 hours.
- ☐ Note: For testing purposes only, we used Newman's Own Oil & Vinegar Dressing.

Nutrition Facts



Properties

Glycemic Index:14.19, Glycemic Load:0.89, Inflammation Score:-8, Nutrition Score:4.4613044508125%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 32.2kcal (1.61%), Fat: 2.27g (3.49%), Saturated Fat: 0.32g (2%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.77g (1.96%), Cholesterol: 0mg (0%), Sodium: 9.79mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.27%), Vitamin A: 2141.55IU (42.83%), Vitamin C: 7.84mg (9.51%), Vitamin K: 9.11µg (8.68%), Vitamin B6: 0.1mg (5.2%), Manganese: 0.09mg (4.51%), Potassium: 148.96mg (4.26%), Folate: 15.3µg (3.83%), Vitamin B2: 0.06mg (3.81%), Fiber: 0.84g (3.36%), Vitamin E: 0.45mg (3.02%), Magnesium: 8.64mg (2.16%), Phosphorus: 20.11mg (2.01%), Vitamin B1: 0.03mg (1.88%), Vitamin B3: 0.32mg (1.62%), Copper: 0.03mg (1.38%), Iron: 0.22mg (1.24%), Calcium: 11.76mg (1.18%), Zinc: 0.15mg (1.02%)